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Home dietitian's cook book

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THE HOME DIETITIAN'S COOK BOOK

A comprehensive cook book, containing over 2000 excellent, tested, practical, economical and unusual recipes; a large number of menus for every-day use, as well as for all special occasions; valuable charts and articles on food and diets, with particular attention given to foods for children, and corrective diet for adults that are either under-weight or over-weight.

Compiled by

(Mrs. W. H.) ELLA MAE IVES

Assisted by

OTHER NATIONALLY-KNOWN EXPERTS ON DIETS
AND HOME ECONOMICS

FOURTH EDITION

ENLARGED AND REVISED

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Most of the recipes are given in the proportions required by the average American family of two adults and three small children, or for four adults, unless special mention is made of servings for a larger or smaller number.

PHILADELPHIA
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WASHINGTON SQUARE

1930

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To
Brides and all others
who are interested
in the
health and happiness
of mankind.

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Foreword

This volume is called the Home Dietitian, because it is designed to furnish the information and recipes necessary to meet the culinary demands of the real homemaker for the average American family.

The modern bride or housewife realizes that a bit of time and effort spent in the careful planning and preparation of suitable meals in order to promote health, is infinitely better than spending even a small proportion of that time, worrying on account of an illness, or the appalling gap between an actual and desired weight mark, probably due to faulty diet.

In large institutions where meals are planned and prepared according to the needs of the individual, a *dietitian*, or nutrition specialist, is required; while in the home, the most important of all institutions, the diet is often a haphazard and unsuitable combination of food, chiefly due to the fact that it is not possible for every housewife to have special training for her task, and also because the necessary information is not always at hand in convenient form.

In this volume the simple principles of cookery are briefly stated, and combined with charts and other condensed bits of important information, so that the "whys" of the beginner may be answered without the perusal of a large number of books in a library, or the collection of numerous clippings that the busy housewife seldom has time to sort and use.

The Home Dietitian has been compiled after years of practical experience in meal-planning, cooking, and careful research by the author, who is a graduate of Miami University, a former instructor, a lecturer, housewife, and mother, Head of the Home Economics Department of the Ohio State Child Conservation League, and Director of the Radio Cookery Department for the Columbus Dispatch.

The varied experience of the author has enabled her to select and test an unusual quantity of practical suggestions, information, and recipes needed in the average home, and contributed by the Home Economics Departments of leading universities, United States Government Bureaus, and the testing kitchens of leading

magazines, as well as from a large number of excellent home cooks in many parts of the United States. All of the recipes used are tested favorites.

The theory of "variety, excellence, and economy" is the keynote of the rare collection of menus and recipes selected for this edition. Specific directions have been given with the recipes and at the beginning of chapters, so that with this volume as a guide it is a pleasure for inexperienced persons as well as experts to prepare well-balanced and enjoyable meals.

The special articles on diet, the miscellaneous information charts, outlines, etc., have been contributed by leading national authorities. Numerous experts have been consulted and quoted in order to present the best possible combination of viewpoints in the suggestions and instructions incorporated.

The author has been assisted by faculty members of the following universities: Harvard, Columbia, Cornell, Ohio State, Cincinnati, and Miami.

The following are among the references used in compiling this volume, and they are especially recommended by the author for those who wish to delve more deeply into the sciences of nutrition and cookery:

"Food, Nutrition, and Health," McCollum and Simmonds. Published by the Authors, Baltimore, Md.

"Your Foods and You," Ida C. Bailey Allen. Published by Doubleday, Page & Co.

"Feeding the Family," Mary Schwartz Rose. Miss Farmer's Boston School of Cookery.

"United States Farmers' Bulletins 712, 808, 817, 824, 1211 1313."

"The School Lunch," Home Economics Department, Ohio State University.

"Personal Health," Emery R. Hayhurst, M. D., Ph.D., McGraw Hill Co., New York.

"Nutritional Physiology," Percy G. Stiles, M. D., W. B. Saunders Co., Philadelphia.

"Home Care of the Sick," Home Economics Department, Ohio State University.

"Hygeia," American Medical Association, Chicago.

The author wishes to thank all who have, by their co-operation, made possible this helpful volume.

ELLA MAE IVES.

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General Information

MEASUREMENTS

All measurements for all materials called for in the recipes in this book are level, unless otherwise marked.

The standard measuring cup holds one-half pint and is divided into fourths and thirds.

To make level measurements, fill cup or spoon and scrape off excess with back of knife. Remember that the ordinary household spoons and cups hold slightly less than measuring utensils.

One-half spoon may be measured lengthwise of spoon, but it is best to have the set of measuring spoons for $\frac{1}{2}$ and $\frac{1}{4}$ teaspoon.

Sift flour before measuring.

EQUIVALENTS

1 pinch = 1 salt spoon.	16 tablespoons = 1 cup or 8 oz.
1 salt spoon = $\frac{1}{4}$ teaspoon.	16 oz. = 1 lb. (adv.).
3 teaspoons = 1 tablespoon.	1 gill = $\frac{1}{2}$ cup or 8 tablespoons.
4 tablespoons = $\frac{1}{4}$ cup or 1 wineglass.	2 cups = 1 pt.
$5\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup.	2 pts. = 1 qt.
	8 qts. = 1 pk.

DRY MATERIAL EQUIVALENTS IN WEIGHT

Almonds or walnuts: 1 cup whole shelled = $6\frac{1}{2}$ oz. (weight).

Apples: 3 large = 1 lb.; 50 lbs. = 1 bu.

Apricots, (dried): 1 lb. = 3 cups = about 6 cups when cooked.

Bread crumbs (dry and fine): 1 cup = 2 oz.

Butter, lard, suet, etc. (solid or melted): 2 cups = 1 lb.; 1 round tablespoon = 1 oz.; "size of egg" = 2 oz. or 4 level tablespoons.

Chocolate: 1 square = 1 oz. = 5 tablespoons grated.

Citron: 1 cup chopped = 7 oz.

Cheese: $\frac{1}{4}$ lb. = $\frac{3}{4}$ cup grated.

Coffee (medium ground): 4 cups = 1 lb.; 1 cup = 4 oz.; 2 round tablespoons = 1 oz.

Cornmeal: 3 cups = 1 lb.; 1 scant cup = $4\frac{1}{2}$ oz.

Cornstarch: 1 cup = 5 oz.; 1 heaping tablespoon = 1 oz.

Currants (dried): 1 cup = 6 oz.

Dates, figs, raisins, prunes: 1 cup = $\frac{1}{2}$ lb.

Eggs (average size): 10 = 1 lb.

Flour (sifted pastry): 4 cups = 1 lb. or 1 qt.; 1 tablespoon (heaping) = 1 oz.; 4 level tablespoons = 1 oz. $3\frac{1}{2}$ cups bread flour weighs 1 lb.

Gelatin: 1 oz. = 2 tablespoons (heaping).

Meat (chopped): 2 cups = 1 lb.

Oats (rolled): 6 cups = 1 lb. (oatmeal, $2\frac{2}{3}$ cups = 1 lb.).

Potatoes (medium): 4 = 1 lb.; 60 lbs. = 1 bu.

Prunes (very large): 28 = 1 lb.

Rice: 1 cup = 8 oz. or $\frac{1}{2}$ lb.; 1 heaping tablespoon = 1 oz.

Spices (ground): 1 oz. = 4 tablespoons.

Sugar (brown): $2\frac{2}{3}$ cups = 1 lb.

Sugar (granulated): 2 cups = 1 lb.; 2 tablespoons = 1 oz.

Sugar (loaf): 1 lb. = 50 to 70 lumps.

Sugar (powdered): $2\frac{3}{4}$ cups = 1 lb.

Tea: 1 cup = 2 oz.; 1 heaping teaspoon = $\frac{1}{8}$ oz.

PROPORTIONS

1 teaspoon cream of tartar and $\frac{1}{2}$ teaspoon soda are used as 1 teaspoon baking powder.

2 heaping tablespoons (a generous ounce) gelatine to 1 qt. liquid.

$\frac{1}{2}$ teaspoon soda to 1 cup mild sour milk, buttermilk, or sour cream. (When substituted in sweet milk recipes $\frac{1}{3}$ teaspoon soda to 1 cup sour milk, etc., using the baking powder just the same).

$\frac{1}{3}$ teaspoon soda to 1 cup honey.

$\frac{3}{8}$ teaspoon soda to 1 tablespoon lemon juice or vinegar.

1 teaspoon soda to 1 cup molasses or unsweetened apple sauce.

WATER TEMPERATURES

Hot: Small bubbles around edge.

Scalding: Large bubbles rise (60° – 65° C.).

Simmering: Large bubbles rise rapidly— 83° – 90° C. (185° F.).

Boiling: Surface completely agitated— 99° – 100° C. (212° F.).

OVEN TEMPERATURES

Note: Complete temperature chart for Cakes, Breads, etc., on page 420.

Very Slow Oven	250°–300° F.
Slow Oven	300°–350° F.
Moderate Oven	350°–425° F.
Hot or Quick Oven	425°–500° F.
Very Hot Oven	500°–550° F.

Note: Common method for judging temperatures in gas oven:

Hot oven requires two burners lighted full.

Moderate oven requires two burners halfway on.

Slow oven requires one burner halfway on.

SMOKING TEMPERATURE OF COMMON FATS

Cotton-seed oil.....	430°-440° F.
Vegetable lard substitutes.....	420°-435° F.
Chicken fat.....	400°-410° F.
Corn oil.....	400°-410° F.
Lard.....	340°-350° F.
Olive oil.....	300°-315° F.
Bacon fat.....	290°-300° F.
Suet.....	235°-245° F.

Fat heated in a deep, comparatively narrow dish smokes at a higher temperature than when cooked in a shallow wide dish.

Culinary Terms

- Aspic—Meat jelly.
Au Gratin—Served with cheese.
Au Naturel—Plain, simple.
À la Mode—After the style of; with ice-cream.
Basting: Taking spoonfuls of hot fat and water from the bottom of the pan and pouring it over the meat.
Blanche—To parboil to remove skin; to whiten.
Blanc Mange (blā mǎnzh')—White food. A dessert.
Bouillon (boo-yon')—A clear broth.
Café Au Lait (cā-fā'ō-lā')—Coffee with scalded milk.
Café Noir—Black coffee.
Capers—Flower bud of the caper plant.
Canapé (ká-ná-pā')—Open sandwich used as an appetizer.
Cannelon—Rolled roast of meat.
Caviar (kav'i-är')—Salted roe of sturgeon.
Champignons (shām-pin'yŭn)—French mushrooms.
Chives—An herb of the onion family.
Chutney—A hot acid sauce.
Consommé—A clear soup.
Condiments—Food adjuncts, such as pepper and all spices, salt, vinegar, horseradish, and capers.
Croutons (krōō-tōn')—Diced bread, fried or toasted.
Croustade—Cases made of bread or cooked rice, for creamed foods.
Demitasse (dēm'i-tás')—Small cup for black coffee.
Éclair—Filled pastry, usually with cream.
Entrées (än-trā')—Small side dishes served between courses or as appetizers.
Filets—Long pieces meat or fish, rolled and tied, or broiled flat.
Grilled—Broiled.
Hors d'oeuvres (ôr-dö'vrŭ)—Relishes.
Kippered—Smoked or otherwise cured.
Larding—Placing small strips of fat pork or bacon *through* or *on* the surface of meat before cooking. A knife and larding needle may be used. The pieces of fat are called *lardoons*.
Maitre d'Hotel (mâ'tr d'ōtel')—Head steward.
Marinate—To cover with lemon juice, vinegar, or oil.
Menu—Bill of fare.
Meringue (mē-rāng')—Whites of eggs beaten stiff and sugar.
Mousse (mōōs)—Ice cream made of whipped cream.
Nougat (nōō'gā)—Almond candy.
Paprika—Hungarian sweet red pepper.
Parfait—A frozen whipped cream mixture.

- Pâté d^e Foie Gras (fwä grä)—Small pie filled with goose liver.
 Pièce de Résistance—Principal dish at meal.
 Pimento—Jamaica pepper, called allspice.
 Potpourri—Highly seasoned stew of meat and vegetables.
 Purée—A soup thick with mashed pulp of vegetable.
 Ragout—A highly seasoned meat stew.
 Ramekins—Mixture of cheese and crumbs, or puff paste, baked in small molds called ramekins.
 Roe—Fish eggs.
 Roquefort—A brand of cheese.
 Salamagundi—A mixture of many kinds.
 Scones—Scotch cake of flour and meal.
 Soufflé—Beaten as light as froth and baked quickly.
 Stock—The essence extracted from meat (or vegetables).
 Tarragon—Leaves of an herb used in flavoring vinegar.
 Timbales—Cup shaped.
 Truffles—A species of European fungi grown below surface of ground, used in seasoning or as a garnish.

WAYS OF COOKING

The principal ways of cooking are boiling, broiling, stewing, roasting, baking, frying, sautéing, braising, fricasseing, and steaming. Also by means of fireless cooker, waterless cooker, and pressure cooker.

Boiling: Cooking in boiling water. Boiling-point, 212° F.

Broiling: Cooking over a glowing fire.

Steaming: Cooking over boiling water.

Stewing: Cooking for a long time in water below the boiling-point. Simmering point, 185° F.

Roasting: Cooking before a glowing fire.

Baking: Cooking in an oven.

Frying: Cooking in hot deep fat, deep enough to cover article to be cooked.

Sautéing: Cooking in a small quantity of fat.

Braising: A combination of stewing and baking.

Fricasseing: A combination of frying and stewing.

WAYS OF MIXING INGREDIENTS

By stirring: Ingredients are mixed by a circular motion, widening the circles and repeating till all are blended.

By beating: A large amount of air is enclosed by turning the ingredients over and over, bringing the under part to the surface.

By cutting and folding: Ingredients are blended by a cutting, downward motion with the edge of the spoon, then lifting and turning the ingredients carefully till well mixed, without allowing the air already incorporated, to escape.

Bride's List of Necessary Utensils for the Kitchen

- Tea kettle.
- Double boiler (2 sizes).
- Kettle for stewing or deep frying.
- Wire basket for deep frying.
- Sauce pans, 4 sizes.
- Pudding dishes.
- Covered roasting pan.
- Large preserving kettle.
- Mixing bowls, about 5 (several sizes).
- Bread board.
- Rolling pin.
- Flour sifter.
- 4 bread pans.
- 3 pie tins.
- 2 sheet cake pans, shallow.
- 3 layer cake tins.
- 1 angel cake tin.
- 2 muffin pans.
- Pan lifter.
- Dover egg-beater.
- Wire egg-beater.
- Spatula.
- Basting and wooden mixing spoons.
- 2 long handled forks.
- Kitchen forks.
- Bread knife.
- Carving knife.
- Can opener.
- Bottle opener.
- Corkscrew.
- Lemon squeezer.
- Large ladle.
- Funnel.
- Skimmer.
- Package oiled paper.
- Garbage can.
- Scrub pail.
- Oven glass or porcelain casseroles.
- 3 Iron or aluminum frying pans (different sizes).
- Syrup pitcher.
- Boxes or jars with cover for storing bread, cake, cookies, crackers.
- Waffle iron.
- 3 strainers, small, medium, and large.
- Pancake griddle.
- Pancake turner.
- 2 coffee pots (different sizes).
- Tea-pot.
- 2 water pitchers (aluminum and glass).
- Food chopper.
- Salt box.
- Dish pan.
- Dish drainer.
- Sink strainer.
- 2 measuring cups.
- Quart measure.
- Measuring spoons.
- Tablespoons and teaspoons.
- 1 grater.
- Cookie cutters.
- Potato masher.
- 2 Paring knives.
- Sugar canister.
- Colander.
- Shears.
- Ice pick.
- Wire rack for cooling cake.
- Glass jars for storing supplies.
- Flour, sugar, and salt scoops and shakers.
- Wire broiler.
- Small glass spice jars.
- Floor mop (2 kinds).
- Broom.
- Whisk broom.
- Vegetable brushes.
- Vegetable slicer.
- Baking sheet for cookies.
- Scales.
- Knife sharpener.

Also remember tea towels, hand towels, table linen, table pads, and lifting pads.

EXTRA EQUIPMENT THAT IS DESIRABLE

Coffee-mill.	Kitchen stool or step-chair.
Special ice-box dishes.	Wall brush.
Dutch oven.	Roll of paper toweling.
Fireless cooker.	Roll of wrapping paper.
Waterless cooker.	French vegetable cutters.
Pressure cooker.	Extra small and large roasters.
Spring form (torte pan).	Timbale moulds.
Gelatin moulds (individual, ring, and melon moulds).	Grapefruit knife.
Wooden chopping bowl.	Cream whipper.
Cleaver.	Cold drink shaker.
Fluted cake form.	Bread and cake mixers.
Apple corer.	Toaster.
Ice-cream freezer.	Fruit jars and jelly glasses.
Nut cracker.	Jelly straining outfit.

Household Management and Kitchen Planning

In recent years *managing a home* has become a real business enterprise worthy of the best efforts of capable women. It involves a variety of occupations, each requiring a considerable amount of time, training, and experience, as well as a willingness to learn and constantly improve.

Electrical appliances and other labor-saving comforts have lightened the work about the home and taken away the drudgery of former years; modern homes are being planned more carefully with a view of every possible convenience and comfort, yet the modern progressive housewife often seems more "rushed" than ever, chiefly because she is not "managing" properly, and so many activities outside the home constantly demand a portion of her time.

Although in many cases the home-maker attempts too many diversions, a moderate amount of outside activities properly proportioned for church, school, and literary work, parental training, cooking classes, and recreation, should keep the modern woman alert, unselfish, well informed on general topics as well as those of vital importance in the home, thus making her a more efficient "household manager," and a more capable, helpful, and interesting companion for her family.

The efficient home manager must systematize her work and plan ahead as much as possible, so that without borrowing time from other days the daily routine may include the necessary tasks for each day, and allow time in each week for a moderate amount of outside activities, recreation, and indulgence in the "pet hobby" that every woman should have whether it is cooking, flowers, politics, or what not.

The happy home is the one in which each member of the household shares a certain amount of the responsibility and has regular tasks to perform. The mother who "slaves" for her family is wronging them as well as herself, and heaps blame instead of credit upon her head.

The ability to plan, to systematize, and to weed out unnecessary tasks is a rare "gift" not common to all, but to a considerable degree it may be cultivated, and the effort is well worth while when there are so many interesting and necessary demands upon one's time.

If the home-maker is interested in the various phases of house-

hold management it cannot be considered monotonous, but occasionally it becomes perplexing or even discouraging if some of the important requirements for good managing have not been learned either by precept or by experience.

The following suggestions or reminders may aid in preventing disaster, or at least they may show what is wrong, and help some beginner over the rocks of despair.

The first requisite for an efficient household manager is the ability, or at least a sincere and *persistent effort* to "*keep order*" by finding (or making) a definite, *convenient place for everything* and influencing every member of the household to *keep everything in its place*. This rule applies to the entire house, but is especially important in the kitchen, where the housewife, without a hired cook, must spend a great deal of time.

The *arrangement of the kitchen utensils, equipment, and furniture* (built-in or otherwise) is of the utmost importance in saving time and steps, and only years of experience can solve *all* the problems that arise, but many improvements might be easily made. The cook that makes a dozen trips across her kitchen when baking a pie or clearing the breakfast table has not properly arranged the articles or else she has not learned to conserve time and energy by thinking or planning ahead so that a number of articles may be carried at once, possibly on a tray, if necessary.

This same lack of *forethought* is evident when she makes several trips to the market or the telephone when one should have been sufficient if a *paper pad and pencil* had been kept in a convenient place and *used* for jotting down all the supplies that are almost exhausted, as well as noting the new ones needed for the meals planned, and the baking or other work to be done for that day; also remembering the supplies needed for at least the breakfast of the next day.

In regard to the arrangement of the kitchen, it may be divided into *units*. There are *three* essential units, and then, if the space and equipment permits, a fourth may be added:

1. The *food preparation and cleaning center*, which includes the sink and the cupboard containing the cooking pans, staple supplies, and tools; so, for instance, without a trip across the room, the stool, a pan, water, paring knife, and potatoes—all may be reached from a position at or near the sink. A week's supply of potatoes and other vegetables may be kept in a large drawer in the cupboard near the sink.

The dishes and every-day silver should be kept near the sink (which should have two drain boards) so they may be stacked, washed, and put away without walking across the kitchen. A wheel tray is a splendid help if the cupboard or table is a considerable distance away from the sink.

2. The second unit is the *cooking center* built around the stove;

this should include the stove, and, if possible, a cupboard or closet beside the stove for the frying pans, a few seasonings, the portable oven, roaster, cooker or any other bulky equipment that does not need to be carried to the sink for water before using it at the stove.

3. The third unit is the *baking unit*, and if the space is limited this may be included in the food preparation unit around the sink, but it is more desirable to have a kitchen cabinet and refrigerator, side by side across the room from the sink, with the stove at one end of the room and a breakfast set at the opposite end.

In this way the baking ingredients and the baking pans (which should be kept in the cabinet) are quickly reached and the mixture may be put in the oven without a trip across the kitchen except perhaps for water.

4. The fourth unit that may be included, as we have mentioned above, is the *breakfast alcove* at one end of the kitchen between the sink cupboard and refrigerator, so that without walking the length of the kitchen the soiled dishes may be placed on the right drain board of the sink, the dry foods above it in the supply cupboard and the other food in the refrigerator.

After twenty years of experience and observation the author has submitted the above suggestions for arranging the model kitchen, with the hope that it will not only help those who are about to build or remodel a kitchen, but it may help other housewives in arranging their kitchens to the best advantage.

The *proper lighting* also is an important factor in the home. In the kitchen described there is a large window above the sink between the supply cupboard and the cupboard where the dishes, silver, and saucepans are kept.

In this case the window faces the north and is further protected by a small porch roof, but a window above a sink facing any other direction is not advisable on account of the blinding glare of the sun, unless shaded by an awning or a roof. A glass door near the stove and two large windows at the other end of the room, by the breakfast table, give ample light for all the units mentioned in our model kitchen.

A drop light above the stove, another above the sink, and one above the table, *all operated separately*, distribute the light where it is needed on cloudy days or at night. A point that often is neglected in planning for artificial lighting is to place lights where they can take the place of daylight. Furniture or working spaces arranged for daylight may be "all wrong" at night unless lights are properly arranged.

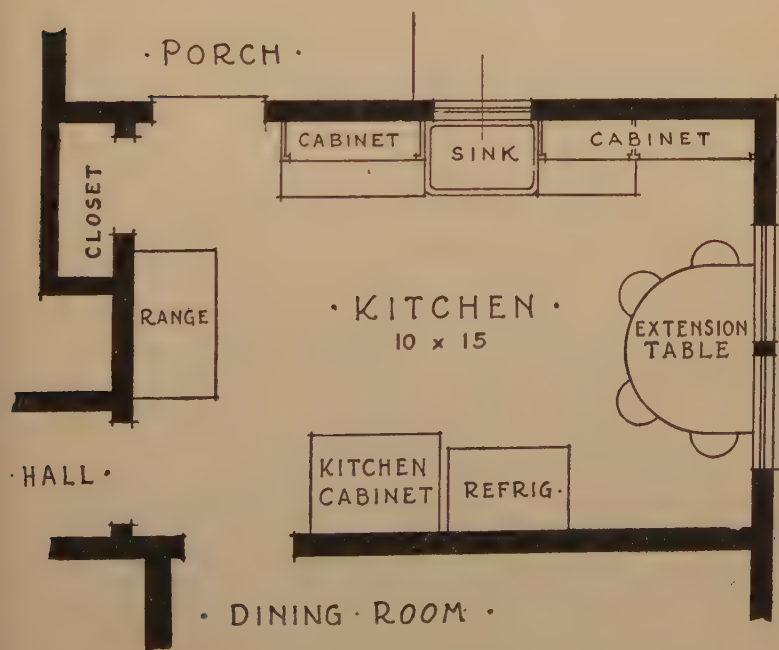
A drop-leaf extension table and light-weight chairs for the breakfast nook are preferable to the alcove benches so awkward to move or clean around. Waxed inlaid linoleum in imitation dull-red tile is an ideal floor covering—restful to walk on and easy to clean.

Pine woodwork stained a soft brownish-gray is beautiful and more satisfactory than enameled woodwork in the kitchen—it does not show finger marks or dust so easily.

Before planning or remodeling a kitchen, list the principal equipment on hand, or desired (see *Bride's List*), then plan a suitable place for each utensil. Frequently shelves are so narrow and close that they will not hold a coffee pot, vase or large platter, and there may be no place to fasten a food grinder, etc.

A cleaning closet, in or near the kitchen, for brooms, mops, pail, polishes, vacuum cleaner (and possibly for table boards), etc., with a trap-door in the floor, connected with a chute leading to the basement, for sweepings and rubbish, saves many steps. A similar closet should be on the second floor also.

Many other points in managing and planning might be mentioned if space permitted, but these are among the most important. With regard to finances see *Budgeting the Income*.



Budgeting the Income

Most efficient home or business managers advocate the *budget system*. The average person can save more money by setting aside certain or approximate amounts each month or year for all expenditures.

The budget aids in establishing good habits in systematic managing; it serves as an annual financial report; accustoms people to keep within their income, spend carefully, and save systematically; it also secures a mutual interest and understanding among those who share in the expenditures, enabling each member to "check up" and "cut down" wherever necessary. Even young children should be taught to divide their money so they can "give some, save some, and spend some."

When starting a budget do not take the matter too seriously or it may cause more trouble than it is worth. It takes at least one year to get a system well established in your own household, and then the unforeseen is always happening, so it need not be surprising if you must often shift items, headings, or funds; but the budget plan makes household management more interesting and efficient, and each month's experience and list of expenditures makes future calculation easier.

In making a budget there are many things to consider and note:

1. Note the family (or personal) *income*, including *gifts*, *inheritance* (actual, not probable), *food raised* or *on hand* in considerable amounts.

2. The *number*, *age*, and *sex*, and any peculiar or special personal requirements of the members of the household. If the males outnumber the females the clothing may possibly be below the average.

3. The general *health* of the family, in order to judge the proportion of expenditure for doctor bills or drugs.

4. Consider the *location* of the residence with regard to amount needed for carfare or automobile *transportation* for marketing, school, or business, also for "keeping up appearances." (In exclusive neighborhoods, apartments, or business, *appearance* is a large item.)

5. Note the *business* of each member in order to estimate the proportion of expenditure for *clothing* (including cleaning bills), *lunches*, *school supplies*, etc. Take an inventory of the clothing on hand, and estimate the amount needed for the approaching month or season.

6. Estimate the amount needed for *food* by "checking back"

on previous bills if possible. (See *Types of Nutrients* for the proper division of each "food dollar.")

7. Study probable *repairs* and *replacements* needed about the home in the near future.

8. List all fixed items, such as *rent, interest due, taxes, insurance, telephone, average light and fuel bills, hired help, pledges for benevolence, church subscriptions, tuition, savings, debts*, etc.

9. Note the tastes and requirements of the family for *recreation and advancement*, considering *reading matter, music, amusements, clubs*, etc.

With the above considerations listed for reference prepare a budget sheet by comparing your income, requirements, etc., with the sample budget listed below. You may keep a daily account by using a notebook for cash receipts and expenditures, balancing them each day or week, making the entries in enough detail merely to show under which heading they belong. Check-book stubs should be kept and carefully filled out.

Once a month the records from both cash and checking accounts should be transferred to the large budget book (loose-leaf usually preferred) with its proper headings. Too many headings complicate budget systems, but each household has its special requirements. In some homes a box divided into compartments is used for the cash paid out; a certain amount is placed in each compartment at the beginning of each week. Bills over \$1.00 should be paid by check.

Budget No. 1 figured on annual basis for salary of \$200 a month with an extra income amounting to \$100 a year.

INCOME—\$2500.00 per year

OUTGO

Rent (or Taxes, Interest, etc.)—\$50 per month....	\$ 600	24%
Fuel and Light.....	100	4%
Food—\$10 per week (If more is needed the amount may be taken from the funds for luxuries, savings, etc.).....	500	20%
Luxuries and Transportation—Telephone, hired help, automobile, etc.....	200	8%
Housefurnishings, repairs.....	50	2%
Clothing.....	300	12%
Health—Doctor, Dentist, drugs, etc.....	50	2%
Recreation—Vacations, Literature, Benevolence, etc.....	250	10%
Insurance.....	200	8%
Savings.....	250	10%
	<u>\$2500</u>	<u>100%</u>

Budget No. 2 figured on monthly basis for salary of \$150 per month, with slightly different viewpoint and proportions.

INCOME—\$150 per month

OUTGO

Rent.....	\$ 40	26 $\frac{2}{3}$ %
Light and Fuel.....	10	6 $\frac{2}{3}$ %
Food.....	45	30 %
Transportation.....	4.50	3 %
Household supplies.....	3.00	2 %
Luxuries.....	3.00	2 %
Clothing.....	25.00	16 $\frac{2}{3}$ %
Health (average).....	3.00	2 %
Recreation, Church, etc.....	7.00	4 $\frac{2}{3}$ %
Insurance.....	4.50	3 %
Savings.....	5.00	3 $\frac{1}{3}$ %
	<u>\$150.00</u>	<u>100 %</u>

Before and When You Go A-marketing

ALMA S. DEARMOND, B. S.

Former Assistant Professor of Home Economics, Cincinnati University

BEFORE—

- Do you take account of stock and plan what you need to buy and how much you should spend?
- Do you plan your food purchases for the week?
- Do you know how much food your family really needs?
- Do you budget the amount you should spend each week for each food group?
- Do you remember that your family needs something from each food group every day?
- Do you watch the market, the newspaper, and the local dealer's prices?
- Do you know that these prices vary from day to day?
- Do you make out a market list daily? Weekly?
- Do you read the labels? Do you know your favorite brands? The amount they contain?
- Do you take your list with you to the telephone or to the grocer and market?

WHEN You are Marketing—

- Do you put into that market basket the best food for the least money?
- Do you put into it some from each of the food groups?
- Do you buy enough fruits, vegetables, and milk?
- Do you choose foods which will meet your family's needs at lower cost, or if you pay more, then do you realize that you do so in order to get service, extra flavor, variety, or texture?
- Do you buy your staples in quantity?
- Do you use local products?
- Do you buy foods in season?
- Do you know when it would be more economical to buy in bulk rather than package?
- Do you know when it would pay to buy prepared foods?
- Do you replenish your emergency shelf?
- Do you check up on weights and measures?
- Are you always as fair and courteous to your dealer as you wish him to be to you?

Vitamins in Foods

	"A"	"B"	"C"		"A"	"B"	"C"
Bread, white (water)	?	+	-	Tomatoes (raw or canned).....	+	++	+++
Bread, white (milk)	+	+	?	Beans, kidney ...	*	+++	*
Bread, whole wheat (water) .	+	++	?	Beans, navy	*	+++	-
Bread, whole wheat (milk) ..	++	++	?	Beans, string (fresh)	++	++	++
Barley (whole)...	+	++	-	Cabbage, fresh, raw	+	+++	+
Corn, yellow.....	+	++	-	Cabbage, cooked.	+	++	+
Oats	+	++	-	Carrots, fresh, raw	++	++	++
Meat, lean	-to +	+	+	Carrots, cooked .	++	+	+
Beef fat	+	-	-	Cauliflower	+	++	+
Mutton fat	+	-	-	Celery	*	+	*
Pig kidney fat ...	++	-	-	Cucumber	*	+	*
Oleomargarine ...	+	-	-	Dandelion greens	++	++	+
Liver	++	++	+	Eggplant	*	++	*
Kidney	++	++	+	Lettuce	++	++	+++
Brains	+	++	+	Onions	*	++	++
Sweetbreads	+	+	*	Parsnip	-?	++	*
Fish, lean	-	+	*	Peas	++	++	+
Fish, fat	+	+	*	Potatoes (boiled 15 mins.)	*	++	+
Fish, roe	+	++	+	Potatoes (boiled 1 hr.)	*	++	+
Milk, fresh	+++	++	+V	Potatoes (baked)	*	++	+
Milk, condensed .	+++	++	+V	Sweet potatoes ..	++	+	*
Milk, dried (whole)	+++	++	+V	Radish	*	+	*
Milk, skimmed...	+	++	+V	Rutabaga	-?	++	+++?
Buttermilk	+	++	+V	Spinach, fresh ..	+++	+++	*
Cream	+++	++	+V	Spinach, dried...	+++	++	*
Butter	+++	-	-	Squash, Hubbard	++	*	*
Cheese	++	*	*	Turnips	-?	++	*
Cottage cheese...	+	*	*	Apples	+	+	+
Eggs	++	+	+	Bananas	+	+	+
Almonds	+	+	*	Grape juice	*	+	+
Cocoanut	+	++	*	Grapefruit	*	++	++
Hickory nuts	*	++	*	Lemon juice	*	++	+++
Peanuts	+	++	*	Orange juice	+	++	+++
Pecans	*	+	*	Prunes	*	+	-
Walnuts	*	++	*	Raspberries (fresh or canned)	*	*	+++

+ Contains the vitamin.

++ Good source of the vitamin.

+++ Excellent source of the vitamin.

- No appreciable amount of the vitamin.

? Doubt as to presence or relative amount.

* Evidence lacking or insufficient.

V Variable.

The above chart showing the presence or absence of vitamins in various common food substances was reproduced in Hygeia—published by the American Medical Association.

Food Classification and Nutrition Outline

According to Dr. Sherman, Professor of Nutrition at Columbia University, food or a nutrient is anything which, when taken into the body, may build tissue, yield energy, or regulate the body processes.

TYPES OF NUTRIENTS

(From United States Government Bulletins)

- I. Tissue Builders:
 - Proteins
 - Mineral salts
 - Water
- II. Meat and Energy Yielders:
 - Proteins
 - Carbohydrates
 - Fat
- III. Regulators:
 - Mineral matter (bulk)
 - Water
 - Vitamins

“Balanced meals” contain the proper amount and proportions of nutrients for the needs of the body.

The daily food should be divided in the following proportions:

10–15% Protein. 30% Fats. 55–60% Carbohydrates.

The dollar division is:

- 5 cts. or less for sweets and condiments.
- 15 cts.—Meat and eggs.
- 20 cts.—Bread and cereals (potatoes often included in this starchy food group).
- 20 cts.—Vegetables, fruits, including nuts (at least one-quarter of this uncooked).
- 40 cts.—Milk, butter, cheese.

FOODS RICH IN PROTEIN

(Chiefly for building the framework and muscles of the body)

Lean meats, fowl, fish of all kinds, legumes (especially dried or smoked meats and fish, and dried beans, peas, and lentils), milk, cheese, white of egg, macaroni, and cereals—especially whole grains like cracked wheat, rolled oats, etc.

FOODS RICH IN CARBOHYDRATES

(For energy and fat)

Macaroni, tapioca, rice, and all other cereals, potatoes, legumes and other starchy vegetables, fruits, nuts, sugars, including honey, candies, jellies, syrups, etc.

FOODS RICH IN FATS

(To keep the muscles flexible and to "oil" the body)

Fat of meat (including bacon and salt pork), butter, cream, vegetable butters and salad oils, lard and other cooking fats, egg yolk, chocolate, nuts. An excess of any of these foods will help the body to store a reserve supply of fat.

FOODS RICH IN MINERAL MATTER

(To help build and repair bones, teeth, and other tissues)

Fruit, green vegetables, milk, whole grains, egg yolk, lean beef, and nuts are the chief "mineral salt" foods.

***Mineral salts rich in—**

Iron—Raisins, spinach, string beans, dried beans and peas, whole wheat, cornmeal, oats, eggs.

Calcium—Nuts, prunes, milk, turnips, parsnips, carrots, dried peas and beans, oranges, oatmeal.

Phosphorus—Navy beans, nuts, egg yolk, whole wheat, oats, flours, lean beef, cheese.

***Vitamins** are divided into classes A, B, C, D, and E. They are found in fish (especially in cod liver), milk, egg yolk, yeast, next to the outer coating in fresh fruits, vegetables, and cereals, fresh meat, especially beef heart, liver, and sweetbreads.

A—Necessary for growth and rebuilding tissues, and protects against tuberculosis and infectious diseases. It is soluble in fats and found chiefly in butter, cod-liver oil, milk and cream, egg yolk, green and yellow vegetables, especially lettuce, cabbage, spinach, carrots, sweet potatoes, also in wheat, rye, and barley.

B—Assists **A** in rebuilding and making use of food and protects against neuritis and beriberi. It is soluble in water and often thrown away. Yeast, especially brewer's yeast, contains it in large quantities. It is found in almost all natural foods, especially orange juice, and next to the outside coating of cereals and fruits and all vegetables. Eggs, milk, and meat also contain it.

* More attention should be paid to these lists in the diet, and these foods should be used freely instead of sweets, especially for children and aged or overweight people. One authority says the Americans of today consume an average of 100 lbs. of sugar per capita a year (including the candy and all sweets purchased). One hundred years ago the average was 11 lbs. per capita.

C—Protects against anemia, scurvy, and other diseases. It is destroyed by heat. It is found in fresh raw vegetables and fruits; especially abundant in oranges, lemons, grape-fruit, tomatoes, raw cabbage, yellow turnips, lettuce, and spinach.

D—Prevents rickets and tooth decay if calcium and phosphorus are at hand. It also appears to be closely associated with radiant energy of ultra-violet rays. It is fat soluble and is found in the same foods that contain vitamin *A*—milk, whole wheat foods, green vegetables, cod liver oil, egg yolk, etc.

E—Thought to have direct relation to fertility (reproduction) as well as to lactation. It is found in the following foods, among others: Brain, liver, wheat germ, spring barley, kidney and soy beans, butter, cod-liver oil, yellow corn oil, cream from cows on fresh pasturage, whole eggs, cotton seed oil, most of the green vegetables (especially lettuce), and unpasteurized milk.

PROTECTIVE OR ACTIVATED FOODS

A few foods have a special power of effecting certain changes in the body necessary for its health which cannot be produced by any other foods, but which can be produced when sunlight strikes directly the bare skin. These are activated foods. They are, first, particularly, cod-liver oil; second, probably eggs as a whole—and certainly eggs produced by rightly fed hens who spend some time daily in the sunshine; third, fruits (especially oranges), and fresh green vegetables (especially tomatoes); fourth, milk produced from rightly fed cows who spend some time daily in the sunshine.

Activated foods seem to play an important part in preventing, reducing, and even in curing diseases, especially rickets and some types of tuberculosis. This is comprehensible when we review their other powers—namely, to increase the volume of blood—to increase the red blood-corpuscles—to make blood more able to protect itself against bacterial invasion—to give to the body more power of fixing calcium in place in tissues. This may need explanation. One way the body has of fighting tuberculosis is to imprison or wall in with calcium, or, as we say technically, to calcify the tubercles which form as the result of an infection with the tuberculosis organism. This may be accomplished by using some of the activated or protective foods each day, and by allowing the sun to shine directly on at least part of the body each day if possible.

Dr. Royal S. Copeland says: The food you eat will do you good only as it is taken up by the system. To have this accomplished there must be "oxidation" by the blood. There cannot be oxidation unless there is an abundance of hemoglobin in the blood. To have this in abundance, you must have sunshine.

No matter where you live, then, and no matter whether it is hot or cold, get into the open air every day, if possible,

DIGESTION OF FOOD

First step: In the mouth the food is crushed, and some of the starch is changed to sugar by the saliva.

Second step: In the stomach the gastric juice dissolves the proteins.

Third step: In the intestines the bile, pancreatic and intestinal juices act upon the food.

(a) The rest of the starch is changed to sugar.

(b) The rest of the proteins are dissolved.

(c) The fat is divided into small drops and mixed all through the food, just as cream is mixed through milk before it rises to the top.

In digestion, lean meats, fish, walnuts, cereals (including flour) produce acids; while fruits (except plums and cranberries), vegetables, milk, nuts (except walnuts) produce alkaline salts; so it should be remembered that acid-producing foods should be served with those producing alkaline salts for balanced diet. Also remember that polished rice, flour without the germ or inner hull, potatoes cooked without the peeling, and thickly peeled fruits are robbed of their chief value, because the principal vitamins and mineral salts lie just under the outer covering.

CALORIES

The amount of heat or energy which a food is capable of yielding when burned in the body is measured in "calories." For instance, 1 oz. protein yields 93 calories, 1 oz. carbohydrates yields 93 calories, while 1 oz. fat yields 225 calories.

The amount of food required for the body depends on three items, namely, the amount of work done, or the activity of the body; the size and shape of the body; and the age and sex.

Effect of Activity

The following tabular statement gives the number of calories needed for one day as estimated by Atwater*:

Man at very hard work in severely cold weather.....	6000-8000 calories
Man at hard muscular work.....	4500-6000 calories
Man at moderate muscular work.....	3500 calories
Man at light muscular work or office work....	2500-3000 calories
Women (average housewife or business woman).....	2500-3000 calories

* Editor's Note: Adult reducing diet, 1000 less than normal calories. Adult fattening diet, 800 above normal calories.

Effect of Age and Sex

A growing child will require more food, in proportion to its size, than a man at moderate work. A woman will require about 0.8 of the amount of food that a man requires, because the average weight of women is about 0.8 that of the weight of men. Boys from fourteen to seventeen years of age need about the same amount of food as women, because of the growth and activity of the former. Girls from fourteen to seventeen years of age require about 0.7 as much food as men.

Average Total Energy Requirement of Children

From Sherman and Gillett's "Food Allowances for Healthy Children."

Age.	Calories per Day:	
	Boys.	Girls.
1-2.....	900-1200	900-1200
2-3.....	1000-1300	980-1280
3-4.....	1100-1400	1060-1360
4-5.....	1200-1500	1140-1440
5-6.....	1300-1600	1220-1520

A boy or girl, six to nine years of age, requires between 1600 to 1700 calories, and from nine to twelve they require about 1700 to 2000 calories if they are about normal weight, and the minimum if overweight.

A child six to fourteen years of age, if he is habitually underweight 6 or more pounds, requires 2000 and 3000 calories of food daily, in order to make proper gain and come up to his normal weight. In many instances an increase in the twenty-four-hour amount of food to 2500 calories has brought about an advance in weight of from 1 to 2 pounds a week. Even raising the amount to 5000 calories did not cause indigestion. The undernourished child is like one convalescing from a severe illness, requiring *twice or even three times as much food* as is needed when he is in normal condition.

The following menus are examples of meals served to anemic children at the Open Air School in Columbus, Ohio:

The children had their breakfasts (including fruit) at home, and arrived at the school at 8.30 A. M. At 4 P. M. they returned home and had their suppers.

9 A. M.: Rolled oats with milk.

12 M.: Creamed codfish, baked potatoes, buttered peas, bread and butter, milk, Brown Betty.

3.30 P. M.: Cocoa and wafers.

9 A. M.: Hot milk and wafers.

12 M.: Meat loaf, creamed potatoes, escalloped corn, bread and butter, milk, baked custard.

3.30 P. M.: Vegetable soup and crackers.

The proper balance between the different kinds of food—protein, fat, carbohydrates—is, in general, attained by our usual food combinations, as, for instance, bread and butter, macaroni and cheese, meat and potato. Each ordinary serving is usually about 100 calories.

Let us take for example the daily ration of a growing boy of sixteen as 3000 calories per day. The usual *breakfast* of fruit, cereal, toast, butter, sugar, cream, milk and possibly bacon or, egg will yield 800 or 900 calories of energy.

Luncheon of one hot dish, bread and butter, cocoa or milk, and dessert will yield an equal amount, leaving approximately 1400 to be supplied by the *dinner* of meat and potato, one or two vegetables, bread and butter, ice cream or pudding or pie.

The list of 100-calorie portions of food will enable the mother to keep the food record accurately—a little practice will soon familiarize her with the quantities and values, making the record keeping much simpler and easier.

This record is absolutely necessary to make sure that the seriously undernourished child is consistently taking enough food for gain.

Approximate Quantities of Food Necessary to Yield 100 Calories

(*Dr. William R. P. Emerson and U. S. Farmers' Bulletin, 1313*)

(Quantities are measured as purchased unless otherwise specified.)

FISH, MEAT, AND EGGS

Bacon, 1 large slice, 0.62 oz. ($\frac{1}{2}$ oz.+).

Bacon, crisp, drained, 4 slices.

Beef, corned, 1.2 oz.

Beef, liver, 2.9 oz.

Beef, shoulder, serving, 3" x 3" x $\frac{1}{2}$ " (2.3 oz.).

Beef, round steak, serving, 4" x 3" x $1\frac{1}{8}$ " (2.6 oz.).

Beef, tongue, 2.9 oz.

Chicken, spring, serving, size of 2 lamb chops (5.3 oz.).

Chicken, fowl, size of 1 small chop (2.1 oz.).

Duck, serving, size of 1 lamb chop.

Eggs, 1 large ($\frac{1}{4}$ cup scrambled).

Fish, etc. (average lean fish, size of 2 lamb chops; fat fish, size of 1 lamb chop):

Bass, 8 oz.

Clams, 12 to 16.

Codfish, dry, salted, boneless, 1 cup (3.2 oz.).

Halibut, fresh steak, 2" x 3" x $\frac{1}{2}$ " ($3\frac{1}{2}$ oz.).

Halibut, smoked, 1.7 oz.

Herring, smoked, 2 oz.

Lobster, canned, 2 heaping tablespoons (4 oz.).

Lobster, fresh, 10.6 oz.

Oysters, 12— $\frac{2}{3}$ cup (7.2 oz.).

Salmon, canned, $\frac{1}{3}$ cup.

Sardines, canned, 3 to 4 (1.7 oz.).

Scallops, fresh, 2 heaping tablespoons (4.6 oz.).

Shrimps, canned, 3.2 oz.

Tuna fish, canned, 1.6 oz.

Roe, shad, fresh, 2.6 oz.

Whitefish, serving, 3" x $2\frac{1}{4}$ " x 1" (4.6 oz.).

Frankfurter, 1 medium size.

Ham, smoked, slice 3" x 2" x $\frac{3}{8}$ " ($1\frac{1}{4}$ oz.).

Lamb chop, 1 small (1.2 oz.).

Lamb, leg, 1.4 oz.

Lamb, loin, 1.2 oz.

Mutton chop, $\frac{1}{2}$ of 1 chop (1.3 oz.).

Pork chop, $\frac{1}{3}$ chop (1.3 oz.).

Salt pork, 1" square (0.56 oz.).
 Sausage, $\frac{2}{3}$ breakfast size.
 Veal, 2.4 oz.

SOUPS

Cream soups (average), $\frac{1}{2}$ to $\frac{3}{4}$ cup.
 Thick soups (chicken with rice), 5 oz.
 Thin soup (consommé), $2\frac{1}{2}$ cups.

DAIRY PRODUCTS

Butter, 1 tablespoon (1 pat), $\frac{1}{2}$ oz.
 Cheese, cottage, 2 heaping tablespoons.
 Cheese, American, $1\frac{1}{8}$ " cube.
 Cheese, Neufchatel, 2 tablespoons.
 Milk, buttermilk, 10.6 oz. ($1\frac{1}{3}$ cup).
 Milk, condensed, sweetened, 1 oz.
 Milk, evaporated, unsweetened, 2 oz.
 Milk, average dairy, 5 oz. (160 per cup).
 Milk, rich, whole, $\frac{1}{2}$ cup (4 oz.).
 Milk, dried, whole, 0.8 oz.
 Milk, skimmed, $1\frac{1}{3}$ cups.
 Cream, thin (18%), $\frac{1}{5}$ cup (1.7 oz., $3\frac{1}{5}$ tablespoons).
 Cream, double (40%), 0.8 oz. ($1\frac{1}{2}$ tablespoons).
 Cream, whipped, 2 heaping tablespoons.
 Malted Milk, 2 heaping tablespoons.
 Horlick's Malted Milk Tablets, 17 round or 9 square.
 Mellin's Food, 3 heaping tablespoons.

NUTS

Almonds, 8 (1 oz.).
 Brazil nuts, 3.
 Butternuts (shelled), $\frac{1}{2}$ oz.
 Chestnuts, 20.
 Coconut, moist, 1.1 oz.
 Filberts, 10.
 Hickory, 0.48 oz.
 Peanuts, shelled, $1\frac{1}{2}$ oz.
 Peanuts in shell, 12 to 15 double.
 Peanut butter, 1 tablespoon (0.5 oz.).
 Pecans, 8.
 Walnuts, 6.

VEGETABLES

Asparagus, 2 cans.
 Beans, navy, dry, $\frac{1}{8}$ cup (1 oz.).
 Beans, baked, $\frac{1}{3}$ cup.
 Beans, lima, dry, 1 tablespoon (1 oz.).

Beans, lima, canned, $\frac{3}{4}$ cup.
 Beans, soy, dried, 0.8 oz.
 Beans, string, cooked, 2 cups.
 Beets, fresh, diced, $1\frac{1}{3}$ cups.
 Cabbage, shredded, 5 cups.
 Carrots, 4 medium size, 10.6 oz.
 Cauliflower, $\frac{1}{2}$ medium head.
 Celery, $\frac{1}{2}$ " pieces, 4 cups.
 Corn, canned, $\frac{1}{2}$ cup.
 Cucumbers, 2 medium size ($1\frac{1}{3}$ lbs.).
 Lentils, dried, 2 tablespoons (1 oz.).
 Lettuce, 2 large heads.
 Mushrooms, $\frac{1}{2}$ lb.
 Okra, 10.6 oz.
 Onions, 1 cup (cooked, $\frac{1}{2}$ cup).
 Parsnips, $\frac{1}{3}$ medium size.
 Peas, canned, $\frac{1}{2}$ cup.
 Peas, dried, 2 tablespoons (1 oz.).
 Pickles, 10 small.
 Pumpkin, 2 lbs.
 Potato chips, $\frac{1}{2}$ cup (0.6 oz.).
 Potatoes, sweet, $\frac{1}{2}$ medium size.
 Potatoes, white, 1 medium size.
 Radishes, 1 lb.
 Rhubarb, $1\frac{1}{3}$ lb.
 Spinach, 1 lb. (cooked, $2\frac{1}{2}$ cups.).
 Squash, 1 lb. (cooked, $\frac{1}{2}$ cup).
 Tomatoes, canned, $1\frac{3}{4}$ cups.
 Tomatoes, fresh, 3 medium.
 Turnips, fresh cubed, 2 cups.
 Turnips, cooked, $\frac{1}{2}$ cup.

FRUITS (FRESH)

Apple, 1 large.
 Banana, 1 large ($5\frac{1}{2}$ oz.).
 Blackberries, 5 heaping tablespoons.
 Blueberries, 5 heaping tablespoons.
 Cherries, 4.5 oz. (canned, $\frac{1}{2}$ cup).
 Cranberries, 2 cups ($\frac{1}{2}$ lb.).
 Currants, 1.6 cups (6 oz.).
 Cantaloupe, 1 small ($\frac{1}{2}$ lb.).
 Grapefruit, $\frac{1}{2}$ large.
 Grapes, 1 small bunch (4.5 oz.).
 Huckleberries, 4.5 oz.
 Lemons, 2 large (10.6 oz.).
 Orange, 1 large (9 oz.).

Peaches, 2 large (10.6 oz.).
 Peaches, canned (thin syrup), 1 cup.
 Pears, 1 large (6 oz.).
 Pears, canned, $\frac{2}{3}$ cup (4.5 oz.).
 Pineapple, canned, 1 slice, 3 tablespoons juice (2.3 oz.).
 Plums, fresh, 4.2 oz.
 Raspberries, 6 heaping tablespoons ($1\frac{1}{3}$ cups, 5.3 oz.).
 Strawberries, 9 heaping tablespoons (9 oz.).
 Watermelon, 2 lbs.

FRUITS (DRIED)

Apricots, 8 (1.3 oz.).
 Apples, 1.2 oz.
 Dates, 3 large (1.1 oz.).
 Figs, 1 large (1.1 oz.).
 Prunes, 3 to 6 (1.4 oz.).
 Raisins, $\frac{1}{4}$ cup (1.1 oz.).

(DRY) CEREALS, FLOUR, ETC.

(Average dry, 100 calories per ounce)
 (Average cooked, $\frac{1}{2}$ to $\frac{3}{4}$ cup)

Barley or rice, 1 oz.
 Corn flakes, $1\frac{1}{4}$ cups (1 oz.).
 Cornmeal, 3 tablespoons (1 oz.).
 Cream of Wheat, $\frac{1}{8}$ cup (0.97 oz.).
 Flour or cornstarch, 1 oz.
 Grapenuts, 2 heaping tablespoons (1 oz.).
 Hominy or macaroni, 1 oz.
 Rolled Oats, 4 tablespoons (cooked, $\frac{3}{4}$ cup).
 Puffed cereals, 10 heaping tablespoons ($1\frac{1}{3}$ cups).
 Shredded wheat, 1 biscuit.
 Tapioca, $2\frac{1}{3}$ tablespoons (1 oz.).

CRACKERS

(Average, 0.84 oz.).

Boston, 1.
 Educator, 12.
 Graham, 3 (0.8 oz.).
 Oatmeal, 7.
 Oyster, 20 to 24.
 Saratoga, 8.
 Soda, 4.

BREAD

(Average 100 calories per 1.3 oz.)

Graham, 3 small slices (1.4 oz.).

White, 2 medium slices (1.3 oz.).

Sweet roll, 1.

Muffin, average, 1 small.

Zwieback, 3 slices.

DESSERTS

Apple baked with sugar, $\frac{1}{2}$.

Fruit sauces, thick, 2 tablespoons.

Rhubarb, stewed, rich, 2 tablespoons.

Cake (including gingerbread), piece 2" x 2" x 1".

Cookies, plain, 2 small.

Doughnut, $\frac{2}{3}$ of 1 large.

Macaroons, 2.

Gingersnaps, 2 $\frac{1}{2}$.

Pie, average double, $\frac{1}{20}$ of a pie.

Pie, average single, $\frac{1}{10}$ of a pie.

Puddings, average, 1 heaping tablespoon.

Ice cream, average, 1 heaping tablespoon.

Ices, average 2 heaping tablespoons.

SWEETS

(Candy, average same as sugar, 0.88 oz.)

Candy, chocolate cream, large.

Candy, marshmallows, 4.

Candy, peanut clusters, 2.

Chocolate, $\frac{1}{2}$ square, 1 tablespoon (0.6 oz.).

Cocoa, dry, 2 $\frac{3}{4}$ tablespoons (0.7 oz.).

Honey, jelly, etc., 1 tablespoon.

Maple syrup, etc., 1 $\frac{1}{3}$ tablespoons.

Maple sugar, 2 tablespoons.

Molasses, 2 tablespoons (1.2 oz.).

Sugar, 4 teaspoons, 1 $\frac{3}{4}$ tablespoons (0.88 oz.).

Sugar, domino, 3 large, 6 small.

MISCELLANEOUS

Beef tea, lemonade, orangeade, 6.6 ozs. (15 calories per ounce, 120 per cup).

Gelatine (dry), 2 tablespoons (lemon jelly, $\frac{1}{2}$ cup.)

Grape juice, $\frac{1}{2}$ cup.

Lard, 1 tablespoon.

Olive oil, 1 tablespoon (250 calories per ounce).

Salad dressing, boiled, average $\frac{1}{4}$ cup.

Salad dressing, French, 1 $\frac{1}{2}$ tablespoons.

Waldorf salad, $\frac{2}{3}$ of average serving.

Average salad with dressing, $\frac{1}{3}$ cup.

APPROXIMATE CALORIES IN AVERAGE SERVING OF PREPARED FOOD

	Calories
Baked apple with cream.....	200
Creamed dried beef on toast.....	250
Cheese soufflé ($\frac{1}{2}$ cup).....	100
Macaroni and cheese ($\frac{1}{2}$ cup).....	100
Creamed vegetables, average.....	100
Meat stew with vegetables ($\frac{2}{3}$ cup).....	100
Buttered peas.....	150
Scalloped tomatoes.....	150
Mashed potatoes.....	150
Scalloped potatoes.....	150
Swiss steak with gravy.....	250
Scalloped oysters.....	150
Baked ham.....	200
Fruit tapioca and cream.....	200
Jellied cranberries.....	50
Baked custard ($\frac{2}{3}$ cup).....	200
Canned peaches with whipped cream.....	200
Stewed prunes (sweetened).....	125
Cold slaw.....	25
Celery.....	10
Cocoa.....	150
Coffee with cream and sugar.....	60

Weight Charts for Adults and Children

ADULTS

(From Table of Heights and Weights based upon the report of a Medico-Actuarial Investigation, covering an analysis of 221,819 men and 136,504 women.)

Indoor Clothing Without Shoes

WOMEN

Ten pounds less than this average is not alarming especially when apparently in good health. It is not possible for all to reach this standard. On the other hand, 10 lbs. above this average might merit attention, especially after the age of thirty-five.

Age.	5 ft. 0 in.	5 ft. 1 in.	5 ft. 2 in.	5 ft. 3 in.	5 ft. 4 in.	5 ft. 5 in.	5 ft. 6 in.	5 ft. 7 in.	5 ft. 8 in.	5 ft. 9 in.	5 ft. 10 in.	5 ft. 11 in.
15....	107	109	112	115	118	122	126	130	134	138	142	147
20....	114	116	119	122	125	128	132	136	140	143	147	151
25....	117	119	121	124	128	131	135	139	143	147	151	154
30....	120	122	124	127	131	134	138	142	146	150	154	157
35....	123	125	127	130	134	138	142	146	150	154	157	160
40....	127	129	132	135	138	142	146	150	154	158	161	164
45....	130	132	135	138	141	145	149	153	157	161	164	168
50....	133	135	138	141	144	148	152	156	161	165	169	173
55....	133	135	138	141	144	148	153	158	163	167	171	174

MEN

Age.	5 ft. 1 in.	5 ft. 2 in.	5 ft. 3 in.	5 ft. 4 in.	5 ft. 5 in.	5 ft. 6 in.	5 ft. 7 in.	5 ft. 8 in.	5 ft. 9 in.	5 ft. 10 in.	5 ft. 11 in.	6 ft. 0 in.	6 ft. 1 in.
15.....	109	112	115	118	122	126	130	134	138	142	147	152	157
20.....	119	122	125	128	132	136	140	144	148	152	156	161	166
25.....	124	126	129	133	137	141	145	149	153	157	162	167	173
30.....	128	130	133	136	140	144	148	152	156	161	166	172	178
35.....	130	132	135	138	142	146	150	155	160	165	170	176	182
40.....	133	135	138	141	145	149	153	158	163	168	174	180	186
45.....	135	137	140	143	147	151	155	160	165	170	176	182	188
50.....	136	138	141	144	148	152	156	161	166	171	177	183	190
55.....	137	139	142	145	149	153	158	163	168	173	178	184	191

CHILDREN

Children that weigh 10 per cent more or less than the amount specified in these charts should be given special attention.

Weight-Height-Age Table for Boys

Indoor Clothing Without Shoes—Stand in Center of Platform

Height, Inches.	5 Years.	6 Years.	7 Years.	8 Years.	9 Years.	10 Years.	11 Years.	12 Years.	13 Years.	14 Years.
38.....	34	34								
39.....	35	35								
40.....	36	36								
41.....	38	38	38							
42.....	39	39	39	39						
43.....	41	41	41	41						
44.....	44	44	44	44						
45.....	46	46	46	46	46					
46.....	47	48	48	48	48					
47.....	49	50	50	50	50	50				
48.....		52	53	53	53	53				
49.....		55	55	55	55	55	55			
50.....		57	58	58	58	58	58	58		
51.....			61	61	61	61	61	61		
52.....			63	64	64	64	64	64	64	
53.....			66	67	67	67	67	68	68	
54.....				70	70	70	70	71	71	72
55.....				72	72	73	73	74	74	74
56.....				75	76	77	77	77	78	78
57.....					79	80	81	81	82	83
58.....					83	84	84	85	85	86
59.....						87	88	89	89	90
60.....						91	92	92	93	94
61.....							95	96	97	99
62.....							100	101	102	103
63.....							105	106	107	108
64.....								109	111	113

*Weight-Height-Age Table for Girls**Indoor Clothing Without Shoes—Stand in Center of Platform*

Height, Inches.	5 Years.	6 Years.	7 Years.	8 Years.	9 Years.	10 Years.	11 Years.	12 Years.	13 Years.	14 Years.
38.....	33	33								
39.....	34	34								
40.....	36	36	36							
41.....	37	37	37							
42.....	39	39	39							
43.....	41	41	41	41						
44.....	42	42	42	42						
45.....	45	45	45	45	45					
46.....	47	47	47	48	48					
47.....	49	50	50	50	50	50				
48.....		52	52	52	52	53	53			
49.....		54	54	55	55	56	56			
50.....		56	56	57	58	59	61	62		
51.....			59	60	61	61	63	65		
52.....			63	64	64	64	65	67		
53.....			66	67	67	68	68	69	71	
54.....				69	70	70	71	71	73	
55.....				72	74	74	74	75	77	78
56.....					76	78	78	79	81	83
57.....					80	82	82	82	84	88
58.....						84	86	86	88	93
59.....						87	90	90	92	96
60.....						91	95	95	97	101
61.....							99	100	101	105
62.....							104	105	106	109
63.....								110	110	112
64.....								114	115	117

About What a Boy Should Gain Each Month

Age:	Ounces
5 to 8.....	6
8 to 12.....	8
12 to 16.....	16
16 to 18.....	8

About What a Girl Should Gain Each Month

Age:	Ounces
5 to 8.....	6
8 to 11.....	8
11 to 14.....	12
14 to 16.....	8
16 to 18.....	4

(Prepared by Bird T. Baldwin, Ph.D., and Thomas D. Wood, M. D. Published by Bureau of Education, Washington, D. C.)

Eating to Gain Weight

By Percy G. Stiles, Assistant Professor of Physiology, Harvard University

Note: See Tables of Average Weights on preceding pages.

The general feeling of health and well-being is associated with what we call a normal weight. Yet here, we may as well concede that there are varying types of organisms and we should be cautious about imposing the standard of one upon another.

Increase of weight may be due to increase of food supply, to diminished drafts upon the resources of the body, or to both these factors in combination. But in the attempt to found our practice upon these principles we encounter the stumbling-block of appetite. In this case it is the limit and not the excess which opposes us. *Rest* conserves the stores of the system but it also lessens the desire to eat. It often happens that activity rather than relaxation results in a final gain; the appetite more than keeps pace with the expenditure. Frequently this is true when the *activity* is that of an outing, with change of scene and an attractive table. So important is the appetite that some individuals have actually achieved a gain as an indirect result of *fasting*. They have become so hungry that they have eaten more than enough to offset the effects of abstinence. This is the same result which often follows illness. The convalescent eats with unaccustomed avidity, and attains to a weight-level higher than his former one.

It is evidently necessary for the over-weight man either to cheat or to discipline his appetite, while the appetite of the under-nourished subject must be cultivated and tempted.

One who is seeking to gain may properly indulge himself. He may consider what he would like best, and have it when he is inclined. His only care must be that present gratification shall not prevent the prompt revival of appetite. He may make the most of variety and novelty in his diet. He may profit by numerous courses.

Occasional feasts do not count so much as the constant supplementing of the former diet by small, acceptable additions. *Persistence* is essential. Those of us who have become over-weight after years of indiscretion can remember how gradual and delayed was the first response of the organism. It may be equally slow when one is merely seeking to reach the normal, and not recklessly venturing to pass it.

The fat man should choose bulky foods. The under-weight person may utilize the concentrated articles, but only within limits

lest he satiate the all-important appetite. He may spread his butter extra thick, sweeten his cereal liberally, and double the allowance of cream in his coffee. He may nibble candy and peanuts at odd times, frequent the soda fountain, take a glass of rich milk at bedtime—providing always that he does his system no harm, and does not dull the desire for regular meals. He may eat oatmeal in preference to less nutritious modern substitutes.

Many thin people believe that it is constitutionally impossible for them to gain materially in weight. This is sometimes substantially true. There are certain subjects with over-active thyroids whose systems are so prodigal of the food-supply that accumulation is quite prevented. They are hearty eaters and give evidence of the rapid burning to which their food is devoted by the warmth and moisture of the skin. Contrasted with them we have the victims of enfeebled digestion whose life processes have been slowed in accordance with years of short rations, and who cannot easily eat more. With such the body surface is pale and cool; the frugal organism is wasting no more heat than it can help.

Most people who are truly in good health can gain in weight if they will persevere in the attempt. Doctor Addison Gulick of the University of Missouri, has recently recounted the details of such an enterprise. He had been regarded as a man who could not put on weight. But without changing the staples of his diet he contrived to gain about 20 lbs. simply by eating larger portions than before and faithfully continuing the routine. This required many months of application.

Conditions which operate through the *mental state* often affect the body-weight. It is reduced in seasons of anxiety and unhappiness. The main causes are not far to seek. Appetite and digestion are disturbed; as a natural result the intake is lowered. Restlessness and broken sleep may be experienced, involving a greater destruction of the reserves. Sometimes the thyroid, spurred to abnormal activity by the nervous system, exerts an influence which makes for waste. If we can bring hope and tranquility in place of disquiet, improved nutrition may reasonably be expected.

MENUS FOR GAINING WEIGHT

Breakfasts

Baked Apples	Cream	Dates	
Sausages		Cream of Wheat	Cream
Waffles	Syrup	Scrambled Eggs	
Coffee	Cream	Graham Muffins	
		Coffee	

Bananas
Oatmeal Cream
Bacon
Buttered Toast
Cocoa

Stewed Pears
Griddle Cakes with Butter and
Maple Sugar
Crisp Bacon
Coffee

Luncheons

Macaroni Baked with Cheese
Lettuce with Mayonnaise
Apple Dumplings Cream
Coffee

Salmon Salad and Wafers
Whole Wheat Bread Sand-
wiches
Baked Indian Pudding
Hard Sauce
Milk

Potato Salad with
Celery and toasted Walnuts
Graham Bread and Butter
Filled Cookies
Cocoa

Baked Beans
Brown Bread
Spring Salad
Baked Apples Cream
Coffee

Dinners

Lamb Chops Mashed Potatoes
Creamed Peas
Lettuce Salad
Washington Banana Pie

Roast Beef, Brown Gravy
Stuffed Baked Potatoes
Creamed or Buttered Onions
Vanilla Ice Cream with
Chocolate Sauce
Fruit Cookies

Baked Ham
Stuffed Sweet Potatoes
Buttered Beets
Brown Betty Cream

Cream of Tomato Soup
Wafers
Baked Fish
Escalloped Potatoes
Sliced Cucumbers
Chili Dressing
Peach Shortcake

Creamed Chicken on Biscuits
or Waffles
Buttered Green Beans
Tomato Salad
Pineapple Mousse
Wafers

Cheese Fondue
Graham Muffins
Fruit Salad with
Cream Dressing
Lady Baltimore Cake

Eating to Lose Weight

By Percy G. Stiles, Assistant Professor of Physiology, Harvard University

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For many of us it is a consoling reflection that when we are not eating or drinking we are losing weight. Respiration and evaporation from the skin take from the body about an ounce every hour. During exercise the rate of loss is incredibly increased and, most of all, at high temperatures. But these spectacular losses are largely water and prove to be quite temporary. Nature insists on a rather prompt restoration. The removal of solids even in course of the most active exercise is small—dishearteningly so if it is assumed that such a subtraction is desired. Two ounces of fat withdrawn from the deposits of the body in an hour would be an unusual amount, and consumed only in hard muscular work.

Of course, constant exercise, either for profit or pleasure, will help to defend one against excess fat. And for those who are not engaged in work which involves such exercise, certain well-regulated systems may be beneficial, if ordered and supervised by a good doctor who knows his patient.

Such exercise, in moderation, will materially aid in any fat-reducing program. But in facing the problem of keeping the weight in balance, more reliance must be placed upon diet than upon exercise. The plain facts have to be faced, we lose when we do not eat and drink. We gain when we eat and drink beyond the current requirement. The obstacle to ready regulation is the appetite. It is hard to eat less than we want; it is perhaps harder yet to eat more. The strategy of building up or reducing the body must consist largely in hoodwinking the appetite. To go counter to it may be good discipline, but discomfort beyond a certain degree tends to make one both inefficient and difficult to live with.

Water

Water is the principal compound in the diet and in the makeup of the body. Restriction of water intake is frequently recommended to those who wish to reduce. The virtue in this denial probably lies in the unconscious tendency to eat less when water is withheld. A dry meal has to be eaten deliberately, and Mr. Fletcher showed long ago that prolonged mastication helps to make a smaller ration adequate to satisfy the appetite.

Protein

Next to water the substances most abundant in the body are the proteins. These are the chief solids in muscles and glands. The selection of a diet rich in protein has long been advised as a measure for reducing. The processes of decomposition and wasting are definitely hastened throughout the body under the stimulating influence of a high protein ration. Proteins have likewise the property of being "filling" or satiating.

Carbohydrates and Fats

The leading place in all ordinary diets (after water) is held by the carbohydrates—starches and sugars. These are never accumulated as such in the body beyond a few ounces. We eat them in generous amounts, and burn them in similar quantities to meet the current calls for heat-production and muscular work. If the supply exceeds the requirement we change the surplus to fat and store it.

Fat which we eat may also go on deposit though not until it has undergone some modification. When the income falls short of the need for any length of time the stored fat of the system is sacrificed.

Bulk

One of the most reasonable methods for diminishing the income of the body without excessive hardship is to choose an unusually bulky diet. By making the largest use of fruits and coarse vegetables the aching void may be filled even while the resulting contribution of nutrients to the blood is less than has been the rule. Physiologists make a distinction between hunger and appetite. Hunger is a crude physical discomfort, a recurrent gnawing distress, which we presumably experience in common with the lower animals. Anything that is tolerated by the stomach may annul hunger. Appetite is on a much higher psychological plane; it involves memories and conceptions of favorite foods. A diet chosen for its bulk should, therefore, quiet hunger though appetite may have to remain unappeased.

Do not cut out any one of the food elements, although it may be advisable to cut down the portions to the minimum limit. This is especially true of sugars, fats, and starches. It may be a good principle to select foods which are one's second choice in place of favorites.

The usual danger in weight reduction by diet is in following a too narrow food list. It is the amount of food eaten which counts and not the variety.

A well-balanced ration consists of the following: Meat or other proteins once a day in moderate portions, some bulky food

(vegetables), some raw foods (greens), some cereal, some fruit, and some milk each day. This variety is absolutely essential to health.

Editor's Comment: Although many who are over-weight seem to eat comparatively small amounts of food, it is evident that their diet has not been balanced according to their needs; and even with more exercise and suitable diet they should remember that excess weight usually accumulates gradually during a period of years, so it should not be expected to disappear suddenly or in a few weeks.

Some digestive systems seem to assimilate and store fats more easily than others, therefore those who are considerably over-weight must be persistent in "watching the calories" and should not become discouraged when they notice their "thin" friends indiscriminately eating larger quantities of food. Nervous and very active persons can "burn" more sweets and more of the concentrated foods, but they should not be especially envied by the jovial, placid, over-weight person with the more genial disposition, for if he tries, he can "enjoy" the smaller amount allowed.

Those who are starting a fat-reducing diet should make a mental note of the "fat-formers," and cut them down to a minimum in their diet—fat meats, butter or butter substitutes, cheese, nuts, cream, salad or cooking oils, starchy foods such as rice, legumes, macaroni, cake, pastry, bread, sugar, and all sweets.

Undoubtedly their diet has contained more of these fats, sugars, and starches than their body could burn or cast off. Occasionally we must remind women that the between-meal "bites" and the "tastes" consumed while preparing a meal or clearing the table can easily add a thousand calories to the daily ration.

Possibly their diet has not included enough of the coarse cereals (bran and whole grains); the proteins, such as lean meats, lean fish (especially oysters), thin soups, eggs, skimmed milk and buttermilk, fresh watery or leafy vegetables such as celery, cabbage, spinach, tomatoes, string beans, and lettuce (instead of sweet potatoes, peas, lima beans and other legumes, or very starchy vegetables); also fruits except bananas, preserved or dried fruits. These foods in moderate quantities should be depended upon to satisfy the appetite.

White potatoes are not particularly fattening unless used with a large amount of butter, gravy, cream, rich sauces, or oil dressings. They lose some of their starch if soaked in cold water several hours after peeling. For salads a mineral oil dressing should be used. A glass of orange juice or lemonade, sweetened as little as possible, should be taken fifteen to thirty minutes before breakfast. This is an excellent habit for anyone, but especially for those who are over-weight or have a tendency toward constipation. If it stimulates the appetite too much, use plain cool water.

Bran muffins and other coarse breads or dry toast should be used as often as possible instead of white breads.

Consult the pages on Nutrients and Calories to determine the non-fattening foods (proteins, fruits, and vegetables), and among the Fats, Sweets, Nuts, and Starchy Foods, select those which require the largest amount to produce 100 calories. Also "check up" with the weight chart about once a month.

Regularity and moderation should be the watchword for those who wish to reduce. Strenuous exercise and strict diet one day or week, with relaxation and over-indulgence in the wrong foods the next, will do more harm than good.

NON-FATTENING MENUS

Breakfasts

Orange Juice	Grapefruit
Coddled Egg	Bacon (one crisp slice)
Toast (one slice)	Poached Egg on Unbuttered Toast
Black Coffee	Black Coffee or Skimmed Milk
Raw Apple	Apricots
Wheat Cereal	Creamed Fish on Unbuttered
Top Milk	Toast
Black Coffee	Black Coffee

Luncheons

Oyster Cocktail	Vegetable Soup
Bouillon	Molded Spinach Salad
Vegetable Salad	Peanut Butter Sandwiches
Bran Muffins	Pickles
Baked Apple	Snow Pudding
Cheese Fondue	Codfish Balls, Tartare Sauce
Whole Wheat Muffins	Molded Tomato Salad
Sliced Pineapple	Gingerbread
Oatmeal Macaroons (two)	

Dinners

Lamb with Mint Sauce	Chicken Broth	Saltines
Baked Potato	Small Steak (broiled)	
Carrots	Boiled Potato	String Beans
Head Lettuce Salad	Pear Salad	Ginger Wafer
Fruit		
Rib Roast	Baked Ham	
Stewed Tomatoes	Scalloped Cauliflower au Gratin	
Perfection Salad	Mashed Potato	Waldorf Salad
Baked Custard	Coffee	Raisins

Balanced Diet

The increased activities of the twentieth century seem to make it necessary for considerable intelligence to be used in choosing food that will keep the individual "fit."

At no previous time has so much attention been devoted to "diet" or "scientific feeding," and never before has the housewife felt so keenly the responsibility for the health of her family and the need for "watching the calories" and studying food values.

According to United States Farmer's Bulletin No. 1313, the average census family—consisting of two adults and three young children (combined ages twenty-four or less)—requires about 800 hundred-calorie portions (80,000 calories) of food per week, or 11,400 calories a day. A calorie is the unit of measure for the amount of energy a food produces in the body, so a hundred-calorie portion of food (for example, 1 tablespoon of butter) produces 100 calories of heat or energy in the body.

Although the busy housewife cannot be expected to figure the amount of calories in each meal served to her family, she should have a general idea of the number of calories in the average individual serving of common foods (which usually is about 100 calories), and also a rather definite knowledge of the different kinds of food with regard to their uses, the substitutes that *may* or *should not* be used, and the average number of calories needed daily by her family in order that each member may have not only *enough* food, but the proper amount of each kind needed.

By means of the *weight charts* on pages 29 to 31 and the corresponding list of *daily energy requirements* on page 20, the average number of calories needed by each person can be noted at a glance, and the list of 100-calorie portions of food on pages 23 to 28 will give the basis for calculation.

The chief foods for producing energy are divided usually into three general classes—Proteins, Fats, and Carbohydrates. A "balanced diet" is one that supplies these food elements in the following proportions:

One part of Proteins (chiefly flesh foods, eggs, and dairy products) for building and repairing the muscles and framework of the body.

Three parts of Fats (such as butter, cream, oils and all cooking fats, oily nuts, and fat meats) to furnish energy, to round out the body, and to make the muscles and joints flexible.

Six parts of Carbohydrates (starches and sugars such as potatoes, cereals, breads, sugar, and all sweets) which also furnish fat and energy.

Besides these three general classes of food elements there are other foods that are necessary for providing many of the mineral salts needed by the teeth, bones, and other tissues, and for furnishing bulk (roughage), and vitamins in sufficient quantities to protect the body from disease. These foods are fruits and vegetables.

Therefore in selecting the proper proportions of food for a completely balanced diet it is better to consider all foods under five groups according to their composition and uses, namely:

Vegetables and Fruits.....	20%
Proteins (meats, milk, etc).....	25%
Cereal Foods (including pastries).....	25%
Sweets.....	10%
Fats.....	20%

By this means foods that are entirely different are separated, and those that are similar enough to be substituted for each are placed under one head. In this way also it is not difficult to follow the list of 100-calorie food portions and compare calorie values, adjust proportions for gaining or losing weight, and reduce the average cost per week if desired.

It is helpful to know and to be reminded of the facts, occasionally, that the cheaper cereals produce more energy in proportion than most of the other foods listed in the "cereal food" group; that many of the cheaper fruits and vegetables (especially those "in season") furnish as much, or more food value than the more expensive ones; for instance, tomato juice can be substituted for orange juice, and in many cases lemon juice is a cheap and satisfactory substitute for other fruits; cabbage, spinach, and lettuce can be used instead of cauliflower, Brussel sprouts, or any of the comparatively expensive leafy vegetables.

However, economy should never be practised to the extent of eliminating too large an amount of fresh vegetables or cutting the amount of milk lower than 1 pint (preferably 1 quart) per person, because nothing can take their place.

It should be remembered that one or two foods from each group, except the sweets and perhaps the fats, should be served at each meal. The sweets could be entirely omitted, and the pure fats can be reduced to a minimum (especially in cases of "over-weight") because the foods in the other groups contain fat and sugar in various forms and degrees.

On the other hand, it is best to serve two different vegetables once or twice each day—a starchy vegetable and a leafy vegetable—one cooked and the other raw, unless fresh fruit is served; in that case both vegetables may be cooked.

Another point to be remembered is that meals are not necessarily well balanced even when they contain representatives of all

the food groups, for a great deal depends upon the proportions used. Too many similar foods overtax the digestive juices or processes necessary for that type of nutrient. A dinner which includes meat and also a dessert made of milk and egg, such as custard or ice cream, supplies more protein than needed; an important matter also from the financial standpoint, since these are among the most expensive food materials.

Again, a meal that includes no meat, but has in its place bread and butter with vegetables, may be "balanced" if the dessert is a custard or rice pudding made chiefly of milk.

However, the exact make-up of each meal is not so serious if the weekly average shows a balanced diet. In that way a certain kind of food may be increased somewhat in one meal if it is below the average the next meal or even the next day.

In order to help the housewife in "checking up" the calories needed for a balanced diet for her family a sample weekly supply of food for the 800 hundred-calorie portions needed by the average census family is listed according to United States Farmer's Bulletin No. 1313 as follows:

1. Vegetables and Fruits (20%), 160 hundred-calorie portions.

(For minerals, vitamins, and bulk.)

Fresh.....	44 lbs.
Canned.....	8 lbs.
Dried.....	3 lbs. (equal to 18 lbs. fresh).
	<u>55 lbs. mixed or 70 lbs. fresh.</u>

Note: Vegetables and fruits lose on the average about five-sixths of their weight (mostly water) when dried. When canned a given amount corresponds to about the same amount when fresh, *i. e.*, before the skins, seeds, etc., are removed. Therefore, the above amount is equal to 70 lbs.

2. Proteins (25%), 200 hundred-calorie portions.

(For building material.)

Milk.....	14	qts.	} 14 lbs.
Beef.....	5	lbs.	
Fowl.....	3	lbs.	
Fish.....	3	lbs.	
Cheese.....	1	lb.	
Eggs.....	1	doz.	
Peanuts.....	1/2	lb.	

Note: When there are three small children in the family, 21 qts. of milk *should* be used, but 14 qts. is the minimum. For three adults the milk could be decreased and the other foods increased, as 7 quarts of milk, 10 lbs. of meat.

3. **Cereal Foods** (25%) measured dry, 200 hundred-calorie portions.

(For energy, building material, and fat.)

Flour.....	2½ lbs.
Rolled Oats.....	½ lb.
Cornmeal.....	½ lb.
Rice.....	½ lb.
Macaroni.....	½ lb.
Ready-to-eat cereals.....	½ lb.
Bread and Rolls.....	10 lbs.
	15 lbs.

Note: Since plain cake, doughnuts, etc., belong in this food group it is easy to see that many families add a surplus beyond the 2½ lbs. of flour listed above.

4. **Sweets** (10%), 80 hundred-calorie portions.

(For energy and fat.)

Sugar.....	2¼ lbs.	equals	2¼ lbs. sugar
Candy.....	¾ lb.	equals about	¾ lb. sugar
Honey (⅔ cup)	½ lb.	equals about	1 lb. sugar
Syrup.....	½ lb.		
Molasses.....	½ lb.		
Jelly.....	½ lb.		
			4 lbs.

Note: This group could be omitted because fruits and other foods furnish enough sugar, but instead of omitting it or keeping within this limit, the amount often is much increased.

5. **Fats** (20%), 160 hundred-calorie portions.

(For energy and fat.)

Shortening fats (1 cup).....	½ lb.	equals 4 lbs. pure fat
Oil and Suet, ¼ lb. each.....	1 lb.	
Butter (¾ fat).....	2 lbs.	
Bacon (¾ fat).....	1 lb.	
Cream (¼ fat).....	1 pt.	
Nuts in shell (¼ fat).....	1 lb.	

The amounts of foods given in this sample list, namely, 70 pounds of vegetables and fruits, fresh weight, or 160 hundred-calorie portions of vegetables and fruits, fresh, canned, and dried; 14 qts., or 84 hundred-calorie portions of milk; 14 lbs., or 112 hundred-calorie portions, of flesh foods, eggs, and cheese; 12½ lbs. of cereal, dry weight, or 200 hundred-calorie portions of cereal foods; 4½ lbs. of sugar, or 80 hundred-calorie portions of sweets; and 4 lbs. of fat, or 160 hundred-calorie portions of fat foods may be depended on to supply enough fuel for the average or census family per week, and to make an attractive and healthful diet.

The average cost of this list of 800 hundred-calorie portions of food required by the average census family—two adults and three small children (or three adults)—is about \$16.00 a week. Many families spend more, while others spend less. Adults and children over 12 years, average about \$5.00 each, per week.

The chief means of reducing the cost to about \$12.00 a week for a family, without destroying the balance or materially reducing the necessary elements of nutrition, is by increasing the proportion of cereal foods to about 18 lbs., and selecting the cheaper varieties; decreasing the amount of sweets as much as possible, selecting the cheaper varieties of the foods in the other groups, especially keeping in mind the fact that fruits and vegetables "in season" may be just as nutritious as the "out of season" varieties, and remembering that milk is not only one of the cheapest proteins, but the most important of all foods, and cheap cuts of meat are just as nutritious as the more expensive if they are well cooked.

If a housewife desires to compare the amount of food value her particular family receives for the money she spends, it is a simple matter to list the number of pounds of each different kind of food served and estimate the number of hundred-calorie portions as follows:

Allow $2\frac{1}{4}$ hundred-calorie portions per pound for the fresh vegetables and fruits; $13\frac{1}{2}$ per pound for the dried vegetables and fruits; 3 per pound or pint for the whole milk; $1\frac{1}{2}$ per pound or pint for the buttermilk and skim milk; 8 per pound for the flesh foods, eggs, and cheese; 16 per pound for the dry cereals, and also for pies, cakes, and crackers; 12 per pound for bread; 18 per pound for sugar and candy; $13\frac{1}{2}$ per pound for syrups; 9 per pound for jellies, jams, and marmalades; 40 per pound for fats; 34 per pound for butter; 28 per pound for bacon, salt pork, chocolate, and shelled nuts; and 10 per pound for cream and nuts in the shell.

(See Budgeting the Income and Meal Planning.)

Infant Feeding

(The following rules and menus have been carefully worked out by the United States Children's Bureau, and Nutrition Experts of Johns Hopkins University.)

No definite set of rules can be given for infant feeding that would apply to every child. Each infant is an individual problem that should be kept under the supervision of a competent nurse or physician. Nevertheless, there are a few general suggestions and reminders concerning the diet of the average normal infant that are agreed upon by experts.

First of all, in order to give the baby a good start in life, the prospective mother should have medical care all during pregnancy. She should have enough moderate exercise, adequate rest, at least an hour a day out-of-doors in the sunshine when possible. She should keep cheerful, and her diet should include plenty of water, milk (about 1 qt. a day in some form), fresh vegetables, and fruit every day; coarse breads and whole grain cereals often. Without these precautions a child's teeth and health (as well as the mother's) may be doomed before it is born. The same directions should be followed during the nursing period in order to provide plenty of mineral salts and vitamins.

All babies need sunlight, but the most beneficial effect of sunlight is not obtained unless the rays reach the skin directly. Clothing or window glass keep out the ultra-violet rays. It is only when the skin begins to be tanned that any special benefit may be expected. Sun baths in the direct sunlight are the simplest method of giving the baby enough ultra-violet light. Of course each mother must use discretion, and begin by exposing her child gradually for short periods; keep him protected from strong wind, and by some means protect his eyes so he does not lie facing the glaring sun or bright sky.

The normal baby gains about 6 to 8 oz. a week for the first five months, and 4 to 6 oz. a week for the rest of the first year. When one year old it should weigh about 20 or 21 lbs. and have 6 teeth. From one to five years the average gain is only about 4 lbs. per year.

Nursing periods should be regular; in most cases three to four hours apart (except between 10 P. M. and 6 A. M.). Do not forget to offer water (boiled if necessary) at room temperature between feedings.

If the baby is bottle fed the formula should be prescribed by the physician. The milk should never be turned out of the nursing bottle to heat. The bottle should be stood in a tall utensil

kept for the purpose, surrounded with warm water, then gradually heated to body temperature. Test a few drops on the tenderest part of the wrist.

If the **weaning** is started at six months or a few months later, usually cow's milk is tried first, diluted at the rate of 2 oz. of boiled water to 6 oz. of whole milk. Other proportions may be necessary in some cases and other ingredients are sometimes needed.

Do not give the baby milk that has been frozen or kept at a lukewarm temperature any length of time. Always wash the top of a milk bottle before opening it; the milkman's hands are not clean, and cats or dogs never miss an opportunity to lick the bottle top. Cleanliness and purity of food are the chief requisites for keeping children well. When a Thermos bottle must be used, the milk should be put into it very hot or cold—never warm.

Regurgitation (vomiting) may prove a perplexing problem. When the baby has taken more food than its stomach can hold or if it is moved about directly after being fed it allows a thick, milky substance to run out of its mouth. The digestive juices have not had time to act upon it, so the milk does not smell sour. A smaller quantity of food or less handling prevents this type of vomiting.

If the milk contains too much sugar, the regurgitated fluid is watery and very sour. Less sugar or a different kind of sweetening should be used. If it is like sour milk, with particles that look thick but transparent, the food may be too rich. Less cream should be used, or in the case of a nursing baby it may help if 1 or 2 tablespoons of boiled water can be given before each nursing period, and the mother should eat less rich food.

Sometimes the infant cannot digest the thick tough curd of cow's milk. If boiling three minutes does not help, other forms of milk should be tried according to professional advice.

Vomiting is often caused by too rapid eating, overfrequent feedings, or air taken in during bottle feeding when the bottle is held too low, or when the hole in the nipple is so small the child sucks in air.

Constipation is the result of too much protein (casein) in the milk. Barley, toast water, or oatmeal water may be used to dilute the formula, or honey may be used instead of sugar.

Colic is usually the result of too much sugar or fat, although the "gas" often comes from sucking in air with the feeding if the hole in the nipple is too large. Give tepid water between times, and reduce the sugar and fat content a little for two or three feedings.

Cod-liver oil is given to most babies, but it should be started according to the physician's directions. Sometimes a few drops are given when the baby is about a month old, and the amount is increased until at three months the dose may be a teaspoonful a day.

Orange and tomato juices are given usually by the end of the first month, whether the baby is nursing or bottle fed. Start with $\frac{1}{2}$ teaspoon of orange juice twice a day in an equal amount of cool, boiled water, and increase until shortly you are giving 1 tablespoon twice a day. Tomato juice may be either canned or fresh, and the juices from cooked spinach and cooked new carrots are used in the same amounts as orange juice. The juice pressed out of these cooked vegetables is added to that in which they were originally cooked.

The following is a recipe for vegetable soup that may be given to most infants. At six months they may be given about an ounce of the broth; a little later, possibly at nine months, one may begin to give the vegetable itself, run through a fine wire sieve and served with butter and a bit of salt.

VEGETABLE SOUP FOR INFANTS

One-fourth pound of meat (beef, chicken, or lamb).

One medium sized potato, one carrot, and two sticks of celery or handful of spinach.

One tablespoon of some cereal (farina, barley, or rice).

Cut meat and peeled vegetables into small pieces, and wash rice or barley. Add to quart of boiling water with a pinch of salt. Simmer two hours, at which time it will have boiled down one-half. Strain (rubbing vegetables through fine sieve), cool, and remove fat.

Sample Menus for Children from Six Months to Six Years

MENU FOR CHILD OF SIX MONTHS TO ONE YEAR

(Smallest amounts at first)

- 6:30 A. M.: Breast or bottle.
8:00 A. M.: Orange, tomato, or prune juice ($\frac{1}{2}$ to 2 tablespoons).
10:00 A. M.: Breast or bottle.
Cereal: Cream of Wheat, farina, oatmeal, etc. Begin with 1 oz. and gradually increase to 6 oz. (Use 1 or 2 tablespoons cereal with $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup milk, and a pinch of salt. Cook $1\frac{1}{2}$ hours in double boiler.)
Dry toast ($\frac{1}{2}$ to 1 slice), zwieback, or a graham cracker.
2:00 P. M.: 1 oz. or more strained vegetable soup or a cream soup, or 3 or 4 oz. plain beef, mutton, lamb, or chicken broth poured over cooked cereal, cracker, zwieback, or toast.
1 to 4 tablespoons baked potato or $\frac{1}{2}$ to 2 tablespoons vegetable purée (mashed, strained carrot, spinach, peas, turnip, or tomato).
Milk if required.
6:00 P. M.: Breast or bottle.
10:00 P. M.: Breast or bottle.

MENU FOR CHILD OF ONE TO TWO YEARS

At one year the child should be weaned and accustomed to several kinds of strained fruits, vegetables, and soups. All new foods should be introduced gradually in very small quantities, and with the physician's consent.

- 6:30-7:00 A. M.: 8 oz. (1 cup) of milk or special formula if necessary.
8:00 A. M.: 2 to 3 tablespoons of orange or tomato juice, prune or fig pulp and juice.
10:00 A. M.: 2 to 3 tablespoons of well-cooked whole-grain cereal (sifted if coarse), served with whole milk and a little salt (if the child seems to need energy, add $\frac{1}{2}$ teaspoon of honey); $\frac{3}{4}$ cup warm milk, and a slice of dried bread, two graham or entire wheat crackers, two pieces zwieback, or two rusks.

- 2:00 P. M.: 1 cup of cream soup or strained plain vegetable soup, or $\frac{1}{2}$ to 1 cup custard very slightly sweetened, or gelatine, the yolk of a coddled egg, or a cup of chicken, lamb, or beef broth with tapioca or rice, 1 to 2 tablespoons of mashed carrots, chopped spinach, quickly cooked cabbage, stewed tomato, sauerkraut juice, finely diced creamed celery, mashed asparagus, or green peas; 1 cup of milk, a small slice of lightly buttered dry toast, or a small baked potato with butter.
- 5:30 P. M.: 2 tablespoons of cereal—hot or cold—or a whole grain prepared cereal (different from that served at 10 A. M.) with top milk; 1 or 2 graham or whole wheat crackers; a cup of warm milk, or substitute; $\frac{3}{4}$ cup of cream soup or broth containing a little little cereal (if not served at noon), or a small cup of junket.
- 10:00 P. M.: If necessary $\frac{3}{4}$ to 1 cup milk. Substitute a drink of water when the child is about two years old, or sooner if advisable.

MENU FOR CHILD OF TWO TO FOUR YEARS

When the child is about two years of age it can take its place at the table and be fed regularly only three times a day. The amount and variety of solid food is gradually increased and the milk may be decreased somewhat (to about 1 qt. a day) in order to increase the appetite for the solid foods. If necessary a glass of milk or a light lunch may be given in the middle of the forenoon or afternoon. The child's heaviest meal should be given at noon. Do not start giving very rich, sweet, highly seasoned, or fried foods. Use whole wheat bread often.

Breakfast

Fruits: 2 to 3 tablespoons of orange juice, prune juice or pulp, grapefruit juice, or scraped or baked apple or apple sauce.

Cereal: 2 to 6 tablespoons of well-cooked oatmeal, rice, barley, or whole wheat cereals. For variety one may offer ready-to-eat cereals, but the home-cooked kinds furnish greater nutrition per tablespoonful.

One soft egg or one slice of crisp bacon—both if desired.
Slice of buttered toast.

One cup milk, or one cup cocoa made with milk.

Dinner (preferably at noon)

Soup: Clear broth, vegetable soup, or cream soup. Slice of buttered bread or toast, bread or cracker crumbs in soup.

Meats: One broiled lamb chop, or one serving of fish, chicken, or ground or scraped beef (broiled in a cake).

Vegetables: Two tablespoons of any of the following: Carrots, spinach, turnips, squash, cauliflower, asparagus, beets, peas, tomatoes, green beans. Or one tablespoon of two varieties.

Desserts: Pudding—rice, cornstarch, tapioca, junket, gelatines (plain or with fruit)—pure ice creams. Stewed fruits as at breakfast. Or the following: one peach or pear, 2 tablespoons grated pineapple, $\frac{1}{2}$ banana, or $\frac{1}{2}$ grapefruit.

Simple cake (plain sponge cake), lady finger, or plain cookie.

One glass of milk to drink.

Lunch or Supper

Cereal: The same as at breakfast.

Bread and butter with jelly, or toast and jelly.

Stewed fruit.

One glass of milk to drink.

MENU FOR CHILD OF FOUR TO SIX YEARS

It is important for the active child of this age to observe the following rules:

1. A quart of milk a day provides lime, vitamins, building and regulating material needed for health and growth.

2. Vegetables, especially green leafy vegetables, are essential to health. Put them through a sieve or chop fine for the younger children, and serve one or two each day.

3. Serve orange juice at least five times a week, or substitute tomato juice, fresh or canned.

4. Use natural sugars, such as found in milk, dates, raisins, prunes, figs, carrots, and other vegetables and fruits, instead of manufactured syrups and candies.

5. Use butter—not substitutes.

6. Hard foods, such as dry toast, crackers, and stale bread, to exercise the jaws. Older children can chew celery also.

7. Plenty of water to drink between meals, and serve meals at regular hours. Encourage habit of bowel movement after breakfast by giving the child a drink of cold water, lemonade, or orange-ade about twenty minutes before the meal.

8. Introduce new foods cautiously—about 1 teaspoon the first day.

The following menu suggestions are helpful in planning meals for the pre-school child. Choose one food under each heading for child *four to six* years of age:

Breakfast (7-8 A. M.)

Cereal—Choose one of these: Oatmeal, cracked wheat, shredded wheat, cornmeal, or farina.

(Rice, or hominy, or ready-to-serve cereals for variety.)

Raw cereals should be cooked at least two hours.

Fruits—Choose one of these: Orange juice, prune pulp, apple (cooked or raw), or other fruits suitable to age of child.

Hard Bread or Toast (whole grain).

Milk to drink.

Lunch (10 A. M. or 3 P. M. if needed)

Hard Food—Graham crackers, or zwieback, or hard bread and butter.

Fruit—Suitable to age, occasionally.

Milk to drink.

Dinner (12-1 P. M.)

Main Dish—Choose one of these: Any cream soups or meat broth, eggs (about three times a week), poached soft or soft-cooked or scrambled soft. Baked potato, creamed carrot, peas, tomato, onion (not strong), cooked celery, cauliflower, or cabbage cooked properly.

Green Vegetable (buttered or creamed)—Choose one of these: Spinach, chard, beet tops, asparagus, or lettuce (cut fine or cooked).

Hard Whole Grain Bread—Toast, rusks, or zwieback and butter.

Simple Dessert—See simple desserts under Supper.

Milk to drink.

Supper (5.30-6.30 P. M.)

Main Dish—Choose one of these: Milk toast, Cream soup, Vegetable soup, or Cereal and milk.

Hard Bread (whole grain) and butter.

Simple Dessert. Milk dessert—Junket, or custard, or cereal. Puddings (rice, tapioca, or sago); or Gelatin desserts. Fruits—Stewed prunes, or Apples, baked or raw, or Oranges, or other suitable fruits.

Milk to Drink.

SAMPLE MENU FOR ONE DAY FOR CHILD FOUR TO SIX YEARS

Breakfast: Baked apple; cooked whole grain cereal; milk, $\frac{1}{2}$ pt. or more; bread and butter or toast.

Dinner: Boiled potato, or baked; creamed codfish; string beans; bread and butter; cup custard; cookie.

Lunch or Supper: Milk, $\frac{1}{2}$ pt. or more; lettuce or carrot sandwich; whole wheat or nut bread; marmalade; $\frac{1}{2}$ banana whipped with beaten white of egg.

SIX SAMPLE DINNERS SUITABLE FOR CHILD OF FIVE OR SIX YEARS (OR FOR ADULTS)

(By Jeanette Norton)

First Dinner

Creamed carrots	Individual chicken pie	Rice
Junket		Milk or cocoa

Second Dinner

	Broiled chopped meat cakes	
Mashed potato		Boiled beets
	Bread pudding	

Third Dinner

	Broiled lamb chops	
Baked macaroni		Peas
	Frozen custard	

Fourth Dinner

	Stewed neck of lamb	
Creamed celery		Spinach
	Tapioca cream pudding	

Fifth Dinner

	Boiled fish with cream sauce	
Mashed potato		Stewed tomato
	Baked apples and cream	

Sixth Dinner

Roast beef		Baked potatoes
Lima beans		Lettuce
	Creamy rice pudding	

In the first dinner make the crust for the pie of butter, or vegetable fat, and roll it very thin. After stewing the chicken, take as much as is needed from the bones, cut in small pieces, make a good gravy, and when partially cool fill the pie and bake as usual. Lettuce may be added to any of the dinners, simply dressed with cream or a few drops of lemon juice and a few grains of salt.

In the second dinner be careful to make the meat cakes light and not too thick. Serve the beets with a simple sauce.

Cheese may be omitted from the macaroni in the third dinner, butter and cream taking its place. Make a good boiled custard and freeze it.

In the fourth dinner cook the lamb well, and remove all fat before making the gravy.

For the fifth dinner select fish in season for boiling, free it from skin and bones, and serve a rich cream sauce or light drawn butter with it. Put the stewed tomato through a sieve, and thicken to the consistency of cold honey.

The meat for the sixth dinner is from the family roast, cooked early to serve cold. With the fish, which may be broiled filet of sole, boiled cod, baked blue or white fish, serve baked potatoes and a creamed vegetable. With the meat, serve mashed potatoes and a creamed vegetable.

Food Habits of Children

Mothers often have been heard to say, "My children won't eat oatmeal," or "It's no use to cook carrots at our house!" Sometimes the difficulties with children are the result of a bad example set by older members of the household. Instead of a happy occasion, anticipated with pleasure, many family meals are unpleasant ordeals for all concerned (and a real worry for the cook), because some member so often objects to a part of the menu.

Not a few grown-ups are suffering physically as well as mentally, and also are worrying others, because *during childhood* their appetites were pampered so that wrong habits were formed. A great many men (like "Jiggs") deserve sympathy because they enjoy food which their wives "can't bear to cook," while hundreds of wives are discouraged because their husbands will not eat tomatoes, butter, onions, etc. This causes more or less discussion of "dislikes" before children, and has a serious influence upon their food habits. Children naturally imitate those about them; their "tastes" and dislikes normally are acquired, not "inherited."

If any adult member of the family really cannot eat some portion of the food that is served, he should quietly ignore it with the same courtesy he would show if he were a guest—only complimentary remarks should be "in order" at the table. Such co-operation would help to establish the feeling that mother knows what is best for the family to eat.

All mothers know that any bad habit is hard to break, but many do not realize how easily and how early in life children can form either good or bad food habits. "Regularity" should be started at birth, and at six months most children should have had certain fruit juices and should begin taking vegetable juices and purées (recommended by the attending physician); then the child will become accustomed to bland flavors, before more highly seasoned foods are introduced.

When proper training is started at birth and persistently continued throughout childhood, serious difficulties do not occur, and the child develops without decided food prejudices, but if the training is started later—"any time is better than *no time*"—the methods that seem most likely to appeal to the child in question should be tried.

As a guide for proper training and a help in introducing the variety of foods necessary for the normal growth and development of children, some of the "do's" and "don't's" for anxious mothers are listed as follows:

1. Begin training as early as possible.
2. See that all other members of the family set a good example.
3. Do not mention preferences or permit discussions of likes and dislikes.
4. Do not ask the child if he wants or likes a certain food.
5. Serve only good, suitable, and well-cooked food, and make it as palatable and attractive as possible without having it highly seasoned.
6. Refrain from arguing, nagging, constant watching, scolding, threatening, or habitual bribing at the table—above all, keep the mealtime pleasant.
7. See that the meals are balanced and, if necessary, serve the most important part first. Sweets, if used at all, should be served at the end of a meal.
8. Serve the meals regularly, and do not allow eating between meals except in rare cases.
9. Start early to form the habit of drinking water upon rising and often between meals, but very little with meals. Then urge a bowel movement soon after breakfast.
10. See that children chew their food thoroughly, but do not permit "dawdling" at the table.

When new foods are introduced, the whims of children should not be taken too seriously. Firmness, patience, and persistence, mixed with pleasantries, usually overcome a child's fancy about food, although occasionally it may take weeks or months.

In most cases, if new foods are specially mentioned, or announced as "something new," the way is paved for rebellion. When a new food, that can be served among other things, is placed before an older child, quietly tell him the name of it if he asks for information, and give no hint that you are doubtful that he will eat it. If he refuses to try it, or eats only part of it, ignore the omission at the time, but try the experiment again in a few days. If force or argument is used in the beginning, it is likely to strengthen a child's dislike for a food, or make him more determined to always reject it.

When there is any doubt that a food will be liked, serve a very small portion, or if a former attempt to make it pleasing failed, serve a still smaller portion the next time to make it less noticeable, and possibly to let him know you are trying to make it easier for him. If possible serve it with, or before, some favorite food, or use a tiny new attractive dish. A larger quantity should not be served until one has made certain that the food is liked; and even then it is unwise to give a child (or the other members of the family) any food prepared the same way many times in succession; suddenly it may cease to be enjoyed at all.

If the new food is a cereal or some necessary food that must be served alone, and the child refuses to taste it, or will not eat even

1 or 2 teaspoons, it may be wise to quietly excuse him from the table and allow no substitute food until the next meal, then serve something different, for the first and second trial, but probably not for the third; after that much patience it would not hurt a child to skip even two meals if necessary, and the troublesome food could be served first at the next meal that time. Never mention the fact to others in front of the child if Johnny refuses or does not like a certain food; he may eat it cheerfully away from home.

Usually when a child does not like his first taste of a new food, the mother immediately offers something else for fear he will cry or get too hungry. Occasionally the substitute is permitted indefinitely, and without repeating the attempt, when the new food was not tasted. The mother may intend to give in just once, but it is giving in one day and punishing the next which causes a great deal of trouble, so all the attempts must be tactfully handled. Wait several days or weeks between unsuccessful trials, so that the incident may be forgotten, and then be sure the child is both well and hungry. If the second attempt fails, serve the food another way if possible; mix it with something else (different vegetables may be mixed and dried fruits may be cooked with cereals); use a fancy spoon, or garnish; or serve the food when some other child is present who likes it. The ordeal may then be turned into a game, a contest, or a tea party.

Often when a child is allowed to use a small table by himself satisfactory results may be obtained. In fact, most children enjoy their meals much better at a low table, where they are able to sit with their feet on the floor. If the child is placed at the high table, a foot rest should be provided at a suitable height.

Sometimes a child's aversion for milk may be overcome by permitting the child to use a straw, or by giving him a small pitcher from which he may pour the milk. In his eagerness to use the new toy he may forget that he is drinking milk; it might even be delicately colored with pink vegetable coloring for the first trial. Cocoa or chocolate may be offered occasionally, but they contain a stimulant (theobromine) and are slightly constipating. They may also cause a bilious attack if used too often, so they should not be permitted three times a day as a substitute for milk. Postum also may be used occasionally with plenty of rich milk, but it has a tendency to start the coffee desire. Often an egg will be eaten if it is baked with cream in a custard cup, or if it is put into a fancy egg cup and served with bread sticks, piled log-cabin style. A large portion of shredded lettuce, chopped, cooked or raw carrots, or celery may be relished when placed in thin bread and butter sandwiches, and cut in small squares. A child that dislikes creamed peas or green beans may enjoy them with butter or served cold, and then later on learn to eat them with cream sauce.

One child refused to swallow her first taste of spinach; nevertheless, whenever spinach was served a tiny portion was placed upon her plate. She was not told she must eat it, and so several times it was wasted. Finally, one day it was made to look interesting by the addition of a slice of egg and bits of crisp bacon. That day it disappeared. No comment was made at that time, and now when she eats her share of buttered spinach all pretend not to notice the change. Family remarks, excuses, and comments that the child does not like a certain food often prevent him from trying to like it.

Watch the child's teeth to be sure they are not responsible for a poor appetite or indigestion that might be a result of imperfect mastication.

Encourage a child's admiration for a strong body and smooth skin, but do not urge him to "eat and get fat"; many children have a horror of becoming fat. For "examples" to imitate, select people you are sure the child admires in stories, pictures, or real life.

If tactful experiments, illustrative stories, reasoning, a teacher's or doctor's advice, and "checking up" on weight and calorie charts have no effect in gaining a child's co-operation, it may be due to stubbornness. Drop the subject for a few weeks. Then, if the food is necessary for health and maximum growth, take the child on a visit to a children's hospital. Without the child's knowledge the nurse in charge of certain cases might be enlisted, and he could be shown children whose ailments are due to a lack of certain foods. This should be done in a very casual manner, without mentioning the reason for the visit at the time or in any direct way later, lest his strong will may keep him from being influenced.

In a few days try the food again, and if he still refuses, deprive him of favorite food, toys, playmates, or athletics. If these measures do not get results, it would do no harm, and probably be effective, to keep him in bed a few hours with the idea that if he were neither too tired nor ill, he would feel like eating anything put before him. This may seem drastic, but a few difficult hours or days may save many "painful table scenes" later on, and possibly years of ill health. Perhaps several oranges a day might stimulate an appetite for other necessary foods. Maybe he is given too many sweets; possibly he needs a tonic, more sleep, fresh air, or exercise out of doors. Quite likely he needs firm discipline.

When a physician prescribes certain doses of medicine for a child, any conscientious mother, by some means, will see that the child obeys; it is just as important to use tact and firmness concerning foods. The method of accomplishment depends entirely upon the condition and disposition of the child, and the importance of the food.

One mother, who thought she was going to lose her child because he refused proper food, became desperate. He had rejected milk for several years. Her anxiety made her firm and she forced him to take a sip. When he spit it out, she gave him another. The next morning she put a very small glass of milk before him, but no other food; play was forbidden until he should empty the glass. He howled; then he sulked; when the school children came home at noon, he gulped down the milk and ate his lunch. The next two mornings he sat several hours before he drank the milk; however, on the fourth morning he took it at once. The amount was increased gradually, and now he enjoys a large glass of milk with each meal.

It was not a lack of love or kindness in the mother's heart, for it is not kind to humor a child when he is forming health habits. Children's tears and storms over food mean little compared to the inestimable good which results from proper food training. In a few years the child himself will thank the mother, whose good sense has helped him to procure favorable health records so that he may indulge in the athletics of a school or college. Finally, do parents ever receive praise from the children who have been ruined in mind and body by injudicious humoring?

Growing Sturdy School Children

Myrtle Meyer Eldred

Children can be no healthier than their food will allow them to be! Every separate food element is a brick with which they build, and a perfect structure will not result if any are left out. Therefore the mother's most important duty is to see that her children have the right food, served appetizingly under pleasant conditions, and at proper intervals.

School children have several things to combat. One of these is time. Their food at breakfast must be nourishing to keep them from getting hungry before noon time, and it must not be so heavy that they will be sleepy all morning. If necessary children must arise a half hour earlier so that they have plenty of time to eat breakfast. Once let children get into the habit of starting off breakfastless, and very soon they will complain that they can't eat in the morning—that food nauseates them. This is all habit, and one must insist upon breakfast until they come to actually *demand* food.

Breakfast should be a simple meal. Pancakes are a doubtful choice where children are concerned, because they are likely to be eaten hastily, poorly masticated, and require too much energy in digestion. It is better to serve warm, home-cooked cereals.

Children often complain that oatmeal, cracked wheat, rice, or cream of wheat served morning after morning, become tiresome. Cooking raisins, prunes, dates, or apples with the cereal provides the element of variety and adds to the food value. Attractive and unusual types of dishes and garnishes add charm to plain food for children as well as adults.

Fruit should appear at least twice a day in everyone's diet list, especially the children's. Fruit is a wonderful appetizer, for it makes one want to keep on eating. It is helpful to remember this when your children have poor appetites. Let them have a harmless "cocktail" of cut up oranges, pineapple, and grapefruit slightly sweetened fifteen minutes before a meal.

Milk should be served to children at every meal, although occasionally the amount needs to be reduced in order to induce a child to take enough other food. If a child does not care to drink raw milk it should be prepared in some manner to tempt the appetite. Milk is the basis for many soups, for cocoa and for chocolate, and is in many desserts, as custards, junket, gelatin dishes, and puddings. When vegetables are served, cream or white sauce (which is made with milk) should be added. The calcium salts

found in milk are of great value to the child. Children really ought to be taught to like milk, however, and unless, as is true in very rare cases, plain milk makes them sick, their whims need not be humored; alternate milk with cocoa.

Whole wheat, rye, or graham bread, either plain or toasted, instead of all white bread, gives added mineral material necessary in the building of a strong, sturdy body.

Now that we have breakfast all lined up we find that it includes fruit, cereal, toast, and either plain milk or cocoa. Grapefruit, oranges, prune sauce, baked or stewed apples, fresh ripe peaches, cooked figs or pears, or baked bananas are recommended. Cream of wheat, cracked wheat, oatmeal, barley, hominy or rice, toasted graham, whole wheat or rye bread with real butter, and a cup of cocoa made with milk will complete the morning meal.

The noon meal is another hurry-up meal in which the food must be nutritious and satisfying. Most authors find the one-dish meal the best for lunch. One can combine all sorts of good foods in one dish and put the whole thing in the oven. Here are a few varieties: Spaghetti, macaroni, and cheese; baked beans with bacon; jumbelero, which is cooked rice and tomatoes and bits of bacon jumbled together and baked. Stews, corn chowder, or any nourishing soup, hot meat or vegetable loaf, creamed vegetables and left-over meat; broiled meat cakes; baked bananas and bacon. With any of these dishes serve graham bread and a glass of milk. A fruit or milk dessert, or plain cookies or sponge cake may be added.

The school child is entitled to something to eat when he comes home from school in the afternoon hungry. But candy and sweet cookies are not the things to give him. There is nothing that will so ruin his appetite for wholesome food as this between-meal nibbling of candy. An apple, an orange, a glass of grape juice or lemonade, or a slice of bread and butter and a small glass of milk if he is really hungry will satisfy the craving without spoiling his dinner.

The evening meal usually is prepared to cater to the wants of the whole family. Mothers of growing children have found to their delight and surprise that when they ordered the meal with the children's needs in mind they found father perfectly satisfied.

If the children have not had meat at noon they may have it at night. But once a day is enough. A green vegetable and a salad once daily are necessary, for growing bodies demand minerals and vitamins found in green vegetables, and there is such a number of them to choose from that none of us need be at a loss for variety. Good canned vegetables may be used when the fresh ones are out of season.

Here is a long list that children may have: Carrots, spinach, turnips, sweet potatoes, cabbage, tomatoes, asparagus, peas, beans,

cauliflower, beets, onions, squash, stewed celery, lettuce, and chard. Serve one of these cooked, and one raw in the form of salad; cabbage, lettuce, chard, and tomatoes come first, and, barring these, most of the others can be cooked and served cold as a salad. Corn, cucumbers, and parsnips are about the only vegetables a child under five should not have. Eggs may be included in the evening meal. The desserts can be almost anything except pie, rich pastries, and rich puddings. The list of permitted desserts contains all milk desserts, fruit, and cereal puddings.

Allow the child only small amounts of sugar. A small piece of candy, especially milk chocolate, after the meal will do no harm, but do not permit candy between meals or before retiring.

Coffee and tea should be omitted in the diet of children.

SUGGESTIONS FOR MEAL PLANNING FOR SCHOOL CHILDREN

Breakfast

Fruits: Fresh, baked, stewed, or fruit juice	Plain milk or cocoa
Buttered toast	Cooked cereal or eggs

Luncheon

Creamed vegetables	Broiled meat cakes
Bread	Butter
Baked bananas or plain cake or cookies	
Milk	

After School Lunch

Apples, oranges, plain cake, or plain cookies, or bread and milk

Dinner

Cooked vegetables	Vegetable or fruit salad
Bread	Butter
Fruit and cereal pudding, or plain cake or cookies	

School Lunches

Containers for the carried lunch should be strong, easy to carry, slightly ventilated, and made of odorless material—never use an open basket, a newspaper, or cardboard box. The container should be scrubbed and sunned frequently. Unless hot soup or cocoa is provided at the school, a thermos bottle should be included in the equipment. Tests show that the hot lunch raises the standard of efficiency, health, and weight of pupils. A type of lunch box that the child prefers should be selected, if possible,—“peace of mind” also influences health.

See that the children are compelled to keep quiet long enough to eat their lunch slowly.

Each article in the lunch container should be wrapped in waxed paper and placed in the order in which it is to be eaten. Always line the box with a paper napkin and put a folded one on top of the lunch (100 napkins cost only 15 cents). Pack the articles so the food will not shake around. A drinking cup may be needed, also a small knife, fork, and spoon.

Tiny bean jars, custard cups, muffin tins, and gelatin molds may be used in preparing and carrying many types of food that are good hot or cold—beans, custard, bread puddings covered with hard sauce, or other baked or steamed puddings, gem cakes, individual pies, tarts, etc. Often an oven is provided for heating individual cups of creamed vegetables or any other foods requiring reheating. Never put warm food, especially milk, in a thermos jar, it must be very cold or hot, otherwise it spoils quickly.

Various sizes of screw-top glass jars (cold cream jars, etc.) will hold sandwich fillings, cooked fruits, gelatin desserts, sauces, sliced fruits, salads, cottage cheese, dried or preserved fruits. Celery, lettuce, radishes, tender carrots, tomato, or some fresh uncooked fruit should be included in every lunch, in order to get the vitamins necessary for growing children. Whole wheat bread should be used often.

Milk in some form should always be included, and small amount of meat and eggs should often be added; also cheese occasionally. If the child is underweight, add nuts, a chocolate bar, extra fruits (especially raisins or banana), a bit of extra cheese, etc, but always urge him to chew them thoroughly. As often as possible include a surprise, as this adds to the child's pleasure in eating and indirectly aids digestion. However, do not allow their whims or desire for sweets to influence your better judgment. Plenty of fresh fruit and an occasional bit of milk chocolate, or raisins, cocoa-

nut, dates, figs or nuts, and candied fruits will satisfy them and be so much better than candy.

A glance through recipes for sandwiches, puddings, cakes, cookies, chilled desserts, and soups, as well as casserole dishes, will give many ideas for variation in lunches.

The menus listed below include one hot food (in the first column) that should be prepared at school or carried in a thermos jar. Milk also should be served at the school and added to these lunches, except when cocoa is included. If no hot dish is provided, add extra sandwiches, hard-boiled or deviled eggs, cheese, etc.

The hot dish may be cocoa, a soup (vegetable, barley, bouillon, bean, pea, etc.), a stew, a fish or vegetable chowder, individual meat or chicken pie, baked beans, spaghetti, macaroni with cheese, chili con carne, Spanish rice, creamed dried beef or other meat, creamed vegetables, hot meat sandwiches, hot meat loaf, potatoes au gratin, scalloped potatoes with ham, scalloped corn, etc.

Twelve Suggested Lunches

Vegetable soup,	Banana-raisin sandwich,	Apple,	Date pudding.
Rice soup,	Egg or meat sandwich,	Plums,	Cookies.
Cocoa,	Date-nut sandwich,	Orange,	Jelly roll.
Chili con carne,	Cucumber sandwich,	Grapes,	Cream puff.
Corn chowder,	Jelly sandwiches,	Tomato,	Tapioca pudding.
Barley soup,	Celery-olive sandwich,	Pear,	Chocolate eclair.
Carrot soup,	Peanut butter sandwich,	Peach,	Cake or a tart.
Cocoa,	Raisin bread, nuts,	Baked apple,	Gingerbread.
Baked beans,	Brown bread and butter,	Cantaloupe,	Lemon pudding.
Tomato soup,	Minced ham sandwich,	Apple,	Rice pudding.
Pea soup,	Barbecue sandwich,	Orange,	Brown betty.
Potato soup,	Celery-lettuce sandwich,	Banana,	Filled cookies.

Mealtime

Alma S. DeArmond B.S., Former Assistant Professor of Home Economics, Cincinnati University

Just as fresh air, deep breathing, exercise, and rest play important rôles in the digestion of our food, so the mood in which we sit down to table plays a vital part in the assimilation of food, in the development of energy, good red blood, healthy tissues, and strong bones. Good food alone is not enough to make and keep our bodies well and fit; these other factors must be given careful consideration.

It is not necessary to detail those nagging, painful, tense, complaining, coaxing mealtimes which we have all at some time endured. How many mothers use the family table to sum up their trials and tribulations of the day, and to correct their children's behavior. How many fathers are too engrossed with their affairs to really see and hear their lovely children? Let us declare a truce for all who are prone to disagree, or are wont to use this hour for argument or wearisome discussion, remembering that in olden times kings employed clowns to entertain them and to make them laugh while they ate; the court jester was ever present in the palatial dining hall; and besides, as Robert Louis Stevenson put it,

"The world is so full of a number of things,
I'm sure we ought all be as happy as kings."

Eating should be a happy occasion, one for real and spontaneous conversation, for mirth and good will. Here is a splendid opportunity for an exchange of opinions and information in the development of the precious gift of conversation within our children. Let us teach them to look for that which is beautiful, and to listen for that which is interesting and amusing, and have them feel obliged to describe the beauty they have seen, and to tell others when they have heard something funny. If parents listen to their children's conversation they will receive attention in return. We no longer live by the old adage, "children should be seen and not heard"; while parents have the right to exercise this in moderation, its rigid application is, indeed, death to finer characteristics.

It is said of the most distinguished that their conversation about the board is highly informing and highly charming. It was Ralph Waldo Emerson's belief, that one of the reasons for which all business is run and all houses are built is that men might con-

verse; that they might have a place where they might talk together. "For this," he said, "the oak would gladly descend from the mountain, to enclose a place where conversation might be sheltered."

The one in charge of feeding the members of a family must know what the body needs, must know how to plan and properly prepare foods, so that the meal will not only be well balanced, but attractive to the eye and to the palate, so that there will be no cause for comment or reference to the food other than how good it is. Should a child be moody and unwilling to eat, do not pay any attention to him; if he is well and hungry, he will soon "fall to," and in due time break the habit of exercising moodiness at table, catching the spirit of happiness and enjoyment about him. There have been meals at which one could scarcely blame a child for rebellion. Carelessly assembled, unpalatable food, monotony of texture and color, and the type of preparation bear evidence that the one in charge has not played her part fairly. The preparation and the serving of meals is as truly a science and an art which must be learned as any other worth while profession.

Women who realize and appreciate the great responsibility implied by motherhood will eagerly and joyfully attack the problem of food and feeding, so that they will not fail their hungry brood when it gathers about the family board. They will also realize that this is one of the most important phases of motherhood and wifehood, and that the results of her endeavors along this line are further reaching than she is able to conceive.

When we are cheerful and full of good humor our digestive juices flow more freely, the appetite is stimulated, and therefore the process of digestion is more readily and quickly carried on; besides, such behavior knits the family more closely together, and long after the children are grown up will they remember with deep pleasure and appreciation the happy, gracious mealtimes at home with mother and father, and will, in turn, endeavor to reproduce that same atmosphere in their own home.

"Good the more communicated, the more abundant grows."—John Milton.

Table Etiquette and Serving

The head of the table, which is the place of the host, is at the end of the table farthest from the door through which the company enters.

For formal dinner, men find their partners and walk with them to table, but do not offer arm. Men find places for themselves and partners by place cards. Host leads with most distinguished woman guest; hostess and most distinguished man guest enter last. For informal dinner, hostess leads way to dining-room, followed by women guests, men last. Hostess stops at her own place at foot of table, host steps to his at head; hostess indicates first where women sit and then where men sit.

Guests do not take seats until all have found places and hostess seats herself. Each man draws out chair for woman guest at his right.

In a restaurant a waiter draws out the chair for a woman and the man remains standing until the woman is seated. If the waiter does not offer to perform this service for the woman, her escort will do it.

The chair should be drawn out far enough for a person to take her seat easily and without crowding, and the chair drawn in toward the table as she sits down.

The hostess is served first. In this way she waits the longest before the food served is eaten. When all have been served she begins eating, and this is the cue for the others to begin and to use the piece of silver which she is using. If the food is served very hot or very cold and it deteriorates on standing, the hostess does not wait for the rest, but begins eating as soon as a few are served. She also gives the signal for leaving the table at the end of the meal.

If one is a guest for one meal only, the napkin is not folded; if for more than one meal, one handles the napkin as the hostess does. The napkin should be unfolded only part way and laid across the knees. The unfolding should be done in the lap, not in the air above the table.

A waitress stands at the left of each person, whether she is passing a dish from which one helps himself or placing or removing a plate.

Dishes from which the person is to help themselves are passed at his left and low enough so that he may conveniently use his right hand.

Crumbing is done at either left or right, reaching in front of the person.

In removing a course, the dishes of food are taken first, then the soiled dishes or silver relating to that course.

Eat soup from the side not the tip of the spoon. Dip the spoon away from the person when eating soup or when serving yourself from a dish that is passed (it prevents dripping).

Clear soup such as bouillon or consommé, if served in the two-handled cup may be held by the right handle, and when cool enough sipped directly from the cup. When the soup has been eaten the spoon is laid on the soup plate, or on the plate under the bouillon cup.

Crackers, breadsticks, or cheesesticks served with soup or salad should be broken into small pieces.

Firm cake like fruit, pound, sponge, or angel food when eaten with the fingers is broken off in the same way as bread.

Small pieces should be broken from slices of bread and toast, muffins, crumpets, crackers, and hot biscuits, buttered and then carried to the mouth. Never lay bread on the tablecloth to butter it.

Only one bite of meat is cut from the slice at a time. The cutting should be straight through the meat, never with a sawing motion.

The following foods may be eaten with the fingers: Firm cheese, potato chips, artichokes, corn on the cob (cut in short lengths before serving), julienne strips, firm sandwiches, very small pickles, firm cake, rolls, etc.

The leaves of the artichoke are broken from the stem, one at a time, the tip nearest the stalk is dipped into the sauce and bitten off, the leaf is then laid on the side of the plate. When the heart is reached it is cut and eaten with a fork.

French fried potatoes should be eaten with a fork.

Spaghetti served Italian style is wound around the fork.

A knife may be used in cutting salad, if necessary.

Baked potatoes are often served split open with a lump of butter in the heart. This is pressed into the potato with a fork and the potato is eaten from the skin.

To eat oysters on the half shell, season with condiments, remove each oyster whole with the oyster fork, but do not cut. Shellfish cocktail is also eaten with a small fork.

For fruit cocktail or iced melon use a teaspoon.

The teaspoon must never be left in a cup. Its only purpose is for stirring, and when the stirring is finished it is laid on the saucer.

The fork is used for the vegetables in side dishes when practicable, but if they are very soft the spoon may be used. The fork is used for cutting and eating salad. Except at very formal occasions, the lettuce cup should be eaten—not wasted.

When it is necessary to remove something like gristle or fruit pits from the mouth, the piece of silver that is being used for that

particular food, the fork or spoon, is used to place the object on the side of the plate.

In cutting fish, bones should be removed carefully. If one slips into the mouth it is removed with thumb and forefinger and laid on the side of the plate.

Do not let lumps of sugar fall with a splash into the cup. Place the lumps upon the saucer first and then carefully into the cup.

Do not cut off the stream of syrup or cream from a pitcher with your own fork, spoon or knife.

Bread and crackers are not broken into the soup.

Do not put salt on the tablecloth, but on the side of the plate. Celery should never be dipped into a salt dish.

When the carving is done at table and a plate is passed for a second helping, the knife and fork are left on the plate, a little to one side.

When the course is finished the knife and fork, the latter with tines up, are laid on the plate side by side, the handles slightly to the right.

Elaborate desserts, such as a meringue filled with cream, strawberry shortcake served with cream, or plum pudding served with both hard and soft sauce, require the use of both fork and spoon.

Between courses one is supposed to lean against the back of the chair, not to lounge or sit with elbows on table, playing with the silver.

Drawing diagrams or writing on the tablecloth with the tines of a fork is bad manners.

The finger bowl may be brought to the table resting on a doily with the dessert plate beneath and fork and spoon on each side of it. The finger bowl and doily are removed and set on the tablecloth at the left of the dessert plate, the fork and spoon placed on the cloth each side of the plate. When the meal is finished the finger-tips are dipped lightly into the water, each hand in turn, and dried on the napkin.

Table Setting

LUNCHEONS AND DINNERS

Silver, napkin, and plate for each cover should be placed 1 inch from edge of table. Silver is placed in order of serving—the first used, being farthest from the plate, the dinner knife and fork come next to the plate (on opposite sides). For canapé, special cutting fork lies beyond soup spoon. For oysters, clams, or sea-food cocktail, small oyster fork lies beyond soup spoon; for fruit cocktail, melon, or grapefruit, the fruit spoon lies beyond the soup spoon, as it is the first implement used.

When many courses are served it is best to serve suitable silver with each course at the time of serving it.

A cover for each person consists of the plate, silver, bread-and-butter plate, napkin, and glass. Twenty inches in width is the space that should ordinarily be allowed, and on formal occasions 30 inches. Fifteen inches in depth will allow enough room for silver and china.

Knives are placed at the right, cutting edge toward the plate. Forks, as a rule, are placed at the left, tines up. However, oyster forks are placed at the right of the spoons, and salad forks, when used with a salad course alone, are at the right.

The space between the knives and forks should be wide enough for a plate, whether or not the plate is placed when the table is set.

Spoons are placed at the right of the knives, bowls up.

The water glass is placed at the right, just above the point of the knife. The salad plate may be placed beside the forks.

The bread-and-butter plate at the left above the dinner fork. The butter spreader, either on the plate or at its right.

The napkin at the left of the forks or on the service plate. When place-cards are used they may be placed on the napkin or in front of the service plate.

AFTERNOON TEAS

For Menus see *Party Refreshments*, *Refreshment Combinations*, and *Iced Refreshment Suggestions*.

For afternoon tea there are various small tea tables or trays that may be used for the food and service, but it is more convenient and delightful if the large table in the dining-room is used.

Candles and flowers are selected, according to the color scheme desired, and arranged in the center of the table. Occasionally

tulle is used around the flower bowl and candles to add the desired color.

The large tea tray, holding the tea pot, cups, and a receptacle for the tea-strainer, is placed on a doily at the end of the table farthest from the entrance, with the sugar, cream, spoons, and small plates containing slices of lemon (some with a clove or two inserted), assorted fruit tablets, candied mint leaves, rose petals, violets, or any other trimmings for the tea.

The sugar bowl and cream pitcher should be on a small tray or on the tray with the tea pot. The silver may be on a tray or neatly arranged on a doily.

If coffee or any other beverage is served at the same time, it should be poured at the opposite end of the table.

For formal teas, if there is no daughter available, the hostess may ask a friend to pour the tea so she may be at liberty to entertain her guests. The guests may help themselves to the food on the table or they may be served by servants or friends.

Those who serve the food should not be seated, but the person who pours the tea should be seated on a fairly high chair, facing the guests as they enter.

At the outer edge of the table place the pile of small plates (nearest the entrance), a neat pile of small napkins, extra silver if needed, as well as the plates containing the food, with a doily on each one.

The plate containing any hot food should be covered with a lid or folded napkin, so it will remain hot.

Meal Planning

(Also see *Church Dinners, Party Menus*, etc.)

The keynote of successful meal planning is "proper variety" and "something that looks good." Make meals attractive by suitable combinations and the use of garnishes.

NINE RULES FOR MEAL PLANNING

(N. Beth Bailey, Associate Professor of Home Economics, Iowa State College)

1. Not over two starchy foods.
 2. One meat, or a cheese or egg dish.
 3. At least one fresh or leafy green vegetable or fruit.
 4. A balance of dry and of juicy or creamed foods.
 5. One acid and one sweet.
 6. No two foods cooked the same way, as fried, creamed, etc.
 7. Don't over-clog the system with sugar and fat.
 8. Don't serve meat and dishes containing large amounts of beans, cheese, or eggs in the same meal.
 9. Use pleasing color combinations. Never serve all white foods on a plate, and do not combine such foods as tomatoes, beets, cranberries, etc.
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BALANCED MEALS

For balanced meals daily select at least *one food from each column for each meal* (keeping the above rules in mind). Other similar foods may be substituted according to the lists of nutrients given on pages 17 and 18.

Remember that in digestion the starch changes to sugar, so we are apt to get too much sugar. Fruit cocktails and bouillons stimulate digestive juices, and are excellent at the beginning of the meal.

One quart of milk a day for each child in the family, and at least a pint each for the adults, supplies plenty of calcium, and helps greatly toward providing protein, phosphorus, and vitamins. At least one vegetable besides potatoes, and some kind of fresh fruit every day are necessary. A cereal of some kind should be included in each breakfast.

By selecting at least one food from each column, balanced menus are easily planned.

Mineral Foods

Mainly for vitamins,
bulk, and minerals.

Vegetables

Used seldom for
this meal.

Potatoes are listed
under "Starch"

Fruit

Oranges
Grapefruit
Apples
Apricots
Peaches
Rhubarb
Cantaloupe
Pears, prunes
Berries

Breakfast

Proteins

Building and repair
of tissues.

Protein

Milk
Fish
Meat—use seldom
for this meal.
Eggs

Carbohydrates

Mainly for fuel energy.

Starch

Cereal
Toast
Muffins
Potatoes
Bread
Biscuit
Waffles
Griddle cakes

Fat

Cream
Butter
Margarine
Bacon
Oils

Fats

For fuel.

Lunch or Dinner

Meat

Fish
Oysters
Clams
Shrimps
Crabs, etc.
Cheese
Beans
Nut loaf
Nuts
Milk
Cheese loaf

Oranges

Bananas
Berries
Apricots
Peaches
Pears, prunes
Rhubarb
Melons
Grapes
Apples, figs
Pineapple
Plums, dates

Spinach, tomatoes

Beets, beet tops
Lettuce, kale
Dandelion greens
Turnips, cabbage
Radishes, onions
Carrots, parsnips
Asparagus, peas
Squash, salsify
Eggplant, string beans
Vegetable soups,
loaf, or salads

Potatoes

Breads
Rolls
Crackers
Biscuits
Shortcake
Noodles
Macaroni
Rice
Croutons

Puddings

Pies
Cakes
Ices
Ice creams
Preserves
(jams and
jellies)
Chilled desserts
(Jell-O, etc.)
Fruits
Cookies

Gravies

Butter
Cream
Oils
Bacon

SIMPLE MENUS FOR CHILDREN (OR ADULTS)

Breakfasts

Baked apple or stewed apricots
 Oatmeal with top milk or thin cream
 Whole wheat bread with butter
 Milk or cocoa

Orange or any other fruit, or fruit juice
 Rolled oats or a cooked wheat cereal with thin cream or top milk
 Toast Milk

Grape or prune juice or stewed prunes
 Uncooked cereal Soft-cooked egg
 Toast or bread and butter
 Milk or malted milk

Wheat cereal with figs or dates
 Crisp bacon Toast
 Milk

Warm apple sauce Creamed eggs Muffins
 Cocoa

Dinners

Meat cakes of lean beef scraped or finely chopped and broiled
 Baked potato mashed with butter and hot milk
 Slice of bread and butter
 Creamed spinach with toast points

Orange jelly Cooky Milk

Broiled lamb chop or steak, roast beef or chicken
 Creamed potatoes Stewed celery
 Custard bread pudding Bread and butter

Baked, broiled, or boiled fish
 Boiled rice with teaspoonful of butter
 Lettuce between thin slices of bread and butter, or
 Plain lettuce salad
 Cocoa blancmange with top milk
 Whole wheat bread and butter

Lamb or beef stew with carrots
 Baked or boiled potato Peas
 Sliced orange sprinkled with a small amount of sugar
 Bread and butter

SUPPERS OR LUNCH FOR SMALL CHILDREN

Hot milk toast

Stewed dried peaches or canned or fresh fruit

Filled cooky

Scrambled egg on toast

Chocolate pudding or junket with fruit

Bread and butter

Milk

Molded cereal with top milk

Bread and butter or cinnamon toast

Oatmeal cooky

Baked apple

Macaroni with a little cheese

Whole wheat bread and lettuce sandwich with chopped celery

Prune whip

Milk

Creamed dried beef on toast

Fruit salad

Milk

Fried noodles or noodle soup

Sliced tomatoes

Stewed prunes

Milk

Peanut butter and jelly sandwiches

Banana salad

Lemon soufflé

Milk

Cream of tomato or pea soup

Egg sandwich

Fruit gelatin

Simple Everyday Menus for Adults or Older Children

"What shall I have for dinner?" is the age-old question often heard in every home. Your cook book should furnish the answer quickly.

First of all, decide whether or not you want to serve *meat or fish*; then glance through the recipes in the Index, or in the Meat or Fish Section of the book. In a moment you can find a suggestion for the main part of the meal; then the rest is easily planned if you keep in mind the *Nine Rules for Meal Planning*.

From the Index or the Vegetable Section select the *starchy vegetable* you prefer (white potatoes, sweet potatoes, rice, macaroni, spaghetti, etc.), and decide which recipe or method of preparing it seems most suitable. If the meat selected is a roast or steak that will make good gravy, the potatoes should not be scalloped, creamed, stewed, or prepared with a sauce. On the other hand, if the meat is to be jellied, sliced cold, made into croquettes, or fried in deep fat, the potatoes should not be too dry.

The *other vegetable*, the *salad*, *dessert*, and *beverage* are easily selected from their respective chapters. The columns on page 71 will be helpful in quickly selecting the vegetables and dessert preferred.

If an *appetizer* is desired, fruit or fish cocktails, canapés, hors d'oeuvres, consommé, etc., may be found in the Index.

If a *meatless dinner* is desired, select the chief meat substitute among the cheese, egg, fish, or vegetable dishes, then select the other vegetables, keeping in mind the *Four Rules for Vegetable Plate Dinners* so the combinations of flavor, consistency, and color will be pleasing.

Simple menus that are suitable for older children or adults *may easily be made more elaborate* by adding appetizers, relishes, entrées, and extra courses, and serving the meal in more elaborate style. Or a simple meal may be made *more festive* by using *garnishes* and *table decorations* (see "Garnishes"). The homely hamburger steak in a hotel dining-room may be changed to "Beef Sauté à la Chittenden" merely by adding a sprig of parsley, a piece of pimiento, and a bit of the pan gravy, so the dish looks attractive and appetizing.

The following menus are for "everyday" meals. For special occasions see Special Menus.

BREAKFASTS

(For men who do hard work out of doors potatoes and other more substantial foods may be added to the breakfast menus given below, but in heavier breakfasts fruit is too often omitted.)

Raspberries with cream, hot corn bread, honey, eggs baked in tomatoes or buttered ramekins, crisp bacon, coffee or milk.

Stewed prunes or apricots, cream of wheat, pecan rolls, coffee or cocoa.

Grapefruit, ham and eggs, coffee or milk.

Stewed figs sprinkled with orange juice, cornmeal mush with hot milk, cinnamon toast, coffee or milk.

Breakfast cherries, rolled oats, coffee cake, coffee or cocoa.

Oranges, creamed dried beef on toast, coffee or milk.

Baked apple, coddled egg on toast, coffee or milk.

Berries with cream, toasted shredded wheat, doughnuts, coffee or cocoa.

Stewed rhubarb, rice with dates and cream, cinnamon rolls, coffee or milk.

Grapes or grape juice, cracked wheat with cream, bacon and egg, toast, coffee or milk.

Oranges, sliced with bananas, omelet, toast, coffee or milk.

Stewed prunes with apricots, grape-nuts with cream, cheese toast, coffee or milk.

Oranges, hominy or fried mush, syrup, bacon, coffee or milk.

Cantaloupe, corn flakes with cream, toast, apple sauce, coffee or milk.

Bananas sliced with puffed wheat, hominy scrambled with eggs, coffee cake, coffee or milk.

Grapefruit, waffles or pancakes, syrup, breakfast sausages, coffee or milk.

Honey dew melon, whole wheat breakfast food cooked with raisins, scrambled eggs, bacon, toast, coffee or milk.

Sliced oranges, bran flakes with cream and sliced banana, hot muffins, marmalade, coffee or cocoa.

Stewed or baked apples, scrambled eggs with ham, toast, coffee or milk.

Watermelon, oatmeal with cream, Scotch scones, coffee or milk.

Berries with cream, French toast or fritters, syrup, bacon, coffee or milk.

Grapefruit, baked mackerel, hot muffins, apple sauce, coffee or milk.

Orange juice, hot milk toast, raisin muffins, strawberry preserves, coffee or milk.

Melon, codfish balls, crisp bacon, fried or creamed tomatoes, Sunday morning hot bread, coffee.

LUNCH OR SUPPER

(Add any preferred beverage. See Stews and Casserole Dishes for other suggestions.)

Veal or beef tongue, creamed potatoes, green pepper and egg salad, strawberry or blueberry shortcake.

Sliced roast beef with sour sauce, buttered potatoes, radishes or celery, peach roll or pie.

Lamb stew, fruit salad, wafers.

Club sandwich, olives, stuffed celery, cottage pudding with chocolate sauce.

Oyster stew, crackers, celery, cottage cheese salad, rhubarb meringue pie.

Vegetable soup, wafers, toasted cheese sandwiches, pineapple salad.

Baked lima beans, cold slaw, buttered beets, prune whip.

Fried noodles, buttered spinach, apple sauce cake, stewed prunes.

Potato pancakes, bacon, green beans, orange salad, bird's nest pudding.

Salmon croquettes, potato chips, creamed lima or kidney beans, canned cherries.

Tomato soup, wafers, ham pie, lettuce salad, chocolate pudding.

Italian macaroni, perfection salad, hot rolls, jelly, cherub's cream.

Cheese fondue, wafers, lettuce and celery sandwiches, cookies, fruit cup.

Lentil or bean stew with ham chips or loose sausage, lemon pie.

Baked hash, steamed spinach chopped with buttered beets, rolls, sliced peaches.

Salmon, stewed potatoes with onion and parsley, cottage cheese salad, pickles, apple sauce, gingerbread.

Mexican hamburger or meat loaf, scalloped corn, cucumber or garden salad, short cake.

Spanish rice, cabbage salad, butterscotch pie.

Liver and bacon, milk gravy, spider corn bread, pickled peaches, berries.

Sliced cold meat, scalloped potatoes, wax beans, pickle relish, boiled date pudding.

Hodge podge, hot rolls, celery, marmalade, pickle relish or olives, pineapple fritters.

Ham crisps, buttered boiled cabbage, creamed carrots, new potatoes boiled in the jackets, fruit salad.

Sausage, hot slaw, mashed potatoes, cookies, canned apricots.

Corn chowder, raw carrot salad, apple dumplings.

Boiled ham, potato salad, dill pickles, brown Betty.

Eggs à la goldenrod on toast, fried tomatoes, prune soufflé.

Shepherd's pie, boiled onions, radishes, apple tapioca.

Baked stuffed fish, lyonnaise potatoes, buttered beets or carrots, indian pudding, with lemon sauce.

SIMPLE DINNER MENUS

(Add the soup or appetizer, bread and beverage desired.)

- Jellied tongue or pressed meat, scalloped potatoes, string beans, olives, spring salad, hot biscuits, jelly, Philadelphia peach custard.
- Creamed eggs de luxe, German potato salad, bacon, steamed spinach, jellied cranberries, apple whip.
- Meat loaf, creamed or scalloped potatoes, buttered turnips with carrots, pineapple fruit salad, fudge cake, Bavarian cream.
- Flaked fish in mashed potato border, creamed peas, raw carrot salad, filled cookies, prune gelatine.
- Chicken à la king, hot biscuits, string beans, eggplant casserole, pear salad, macaroon almond whip.
- Fillets of sole or bass, potato cones, creamed asparagus, jack straw salad, apple custard pie.
- Chicago ham, stuffed baked potatoes, escalloped cabbage, graham puffs or popovers, orange salad, heavenly cake.
- Roast beef, browned or mashed potatoes, scalloped corn, sliced cucumber and tomato salad, cherry meringue pie.
- Roast spare ribs, dressing, mashed potatoes, cold slaw, quick apple pudding.
- Mock lobster Newburg (haddock), potato surprise, Neufchatel salad, Washington banana cake.
- Club steak, candied or baked sweet potatoes, creamed peas or corn, lettuce salad, peach pie à la mode.
- Lamb fricassee with fried tomatoes, potato pears, southern succotash, black cherry salad, orange custard cup cakes.
- Pork chops with dressing, baked squash, sweet corn, endive salad, tapioca cream pudding.
- Lamb casserole, cucumber salad, cake, caramel pudding.
- Chili con carne, rice, jellied rhubarb.
- Macaroni and cheese, scalloped tomatoes, tuna salad, cherry pudding.
- Clam chowder, vegetable salad, wafers, cheese, apple pie.
- Spanish meat casserole, Waldorf or imperial salad, spice puffs.
- Veal stew or stewed chicken with dumplings, buttered beets, pineapple salad.
- Veal or lamb terrapin, melting potatoes, tomato soufflé, September salad, pineapple cream cake.
- Creole steak, crumbed potatoes, Brussels sprouts or creamed kohlrabi, gelatine almond salad, butter cookies, fruit sherbet.
- Chop suey, chow mein noodles (canned), rice, olives, rhubarb sauce, fig pudding.
- Creamed chicken or crab meat, hot biscuits, jelly, carrots with peas, spinach salad, upside-down prune cake.

- Baked ham with apple or pineapple rings, O'Brien potatoes, spinach with browned crumbs, hot rolls, cucumber boat salad, gold sandwich.
- Rolled flank or round steak, dressing, boiled new potatoes, buttered beets, onion salad, jelly roll, Spanish cream.
- Breaded lamb or veal chops, potato puff, Swiss chard, cranberry salad, hermit cookies, cherub's cream.
- Salmon cutlets, potato balls, creamed celery, sliced cheese salad, lemon pie.
- Pounded ham, baked or candied sweet potatoes, baked or scalloped spinach, Wisconsin marshmallow salad, raspberry bar cake.
- Sausage baked with potatoes, hot cabbage slaw, sliced tomatoes or radishes, apple salad, lemon pudding.
- Scalloped fish or finnan haddie, French fried potatoes, buttered green beans with carrots, lettuce or cabbage salad, berry pudding.
- Club steak or fried ham, mashed potatoes, dandelion greens, date crumb pudding.
- Combination beef stew, snow dumplings, tomato or celery salad, maple pudding.
- Tomato hamburgs, crumbed potatoes, scalloped celery or cabbage, Russian salad, prune soufflé.
- Spanish lamb with rice, asparagus in toasted roll shells, garden salad, apple snow, chocolate custard cake.
- Spare ribs with sauer kraut, mashed potatoes, pea salad, steamed ginger pudding with lemon sauce.
- Baked or boiled fish with tomato sauce, stewed, mashed or baked potatoes, beet or dandelion greens, egg salad, apricot tapioca pudding.

Meatless or Vegetable Dinners

(For Fish Menus see Dinner and Supper Menus.)

Add bread, butter, and a beverage to the Vegetable Menus. Also add soup, cocktail, or any relishes if desired.

VEGETABLE PLATE DINNERS

There are four points to remember in preparing a vegetable dinner. *First*, there must be a *variety of flavor*. So far as flavor is concerned, a good combination is one mild-flavored vegetable, such as potatoes or lima beans; one vegetable of pronounced flavor, like cauliflower, cabbage, or onions; one which is either sour itself or may be served with vinegar—spinach or beets, for instance. *Second*, there must be *variety of texture*. Variety in texture is obtained by having one vegetable with a crisp crust, like corn fritters or scalloped tomatoes; a second vegetable served with sauce; and a third simply cooked in water, as peas or string beans are usually cooked. A raw vegetable, such as celery or radishes, lends still further variety. The *third point* to remember in connection with a vegetable dinner is to *include some protein foods* in the meal. As a rule, one of the vegetables should be beans or peas, which are comparatively rich in protein. Or one of the vegetables may be served with a protein food, such as cheese, milk, eggs, or chopped meat. Examples of vegetables combined with protein foods are green peppers or tomatoes stuffed with a meat mixture, cauliflower or potatoes scalloped with cheese, spinach with hard-boiled eggs, and sweet corn pudding made with milk and eggs. The *fourth point* is *variety* and *pleasing combinations of color*.

VEGETABLE BLUE PLATE

String Beans or Asparagus, Buttered or Creamed
Sweet Sour Beets

Fried Cauliflower or Boiled Artichokes or Onions or Potatoes
Mashed Squash or Sweet Potatoes

Serve on a Blue Plate, and Serve Cake and Ice Cream for Dessert

VEGETABLE WHITE PLATE

Candied or Mashed Sweet Potatoes, or Stuffed Baked Potatoes
Fried Apple Rings Creamed Celery Peas or Carrots in Ramekins
Spinach Timbales Stuffed Baked Tomatoes

Serve on a White Plate and Serve Apple Pie with Cheese for Dessert

VEGETABLE MENUS

- Green Peppers Stuffed with Corn and Crumbs or with Rice and Cheese
- Stuffed Bermuda Onions Parsley Potato Balls
- Buttered Beets
- Bran Muffins Gelatine Vegetable Salad
- Cantaloupe or Cherry Pie
-
- Macaroni and Cheese Stewed Tomatoes Celery Salad
- Carrot Pudding with Lemon Sauce
-
- Lima Bean Loaf Savory Spinach
- Tomato Cakes or Fried Green Tomatoes
- Fruit or Walnut Cheese Salad Spanish Buns
- Strawberry Pie
-
- Rice Molds with Peas and Carrots
- Gelatine or Tomato Jelly with Cold Slaw
- St. Francis Pudding
-
- Cream of Asparagus Soup with Croutons
- Vegetable Croquettes with Cheese Sauce Olive Pecan Salad
- Prince of Wales Cake
-
- Hot Baked Beans Escalloped Potatoes
- Peach Pickles Brown Bread
- Lettuce or Raw Carrot Salad
- Prune Whip or Date Pudding
-
- Spaghetti, or Dutch Rice with Cheese
- Buttered Asparagus or String Beans Hot Rolls
- Raw Beet Salad or Beet Pickles
- Baked Caramel Custard
-
- Vegetable Loaf Creamed Tomatoes Egg Salad
- Baked Apples with Cream
-
- Vegetable Casserole Bran Muffins
- Fruit Salad with Stuffed Celery
- Boiled Custard Cake or Cookies
-
- Scalloped Cabbage Baked Potatoes
- Stewed Tomatoes with Corn Apple Sauce
- Baked Peach Dumplings with Cream
-
- Stuffed Eggplant Potatoes au Gratin
- Creamed Asparagus Celery-Pepper Salad
- Royal Apples with Whipped Cream

Fireless, Waterless, and Steam Cooker Meals

(See list of Casserole Dishes.)

The fireless cooker, steamer, and the waterless methods all have their advantages, and certainly save food value and fuel. When foods are boiled in large amounts of water much of the nutriment is lost in the water that is too often thrown away. The mineral salts and vitamins that often drain into the water are more important than the bulky fiber that is always carefully saved. Green vegetables may lose some of their color when so closely covered, but that does not affect the nourishment.

Cookers enable us to properly and economically prepare the cheaper cuts of meat that are just as nourishing and full of flavor as the more expensive cuts, but they have tougher fibers that require long, slow cooking to make them tender. The rapid cooking that dries or toughens even the best of food is harmful and wasteful.

Cooker methods prevent burning foods, use a smaller number of utensils and give the housewife more freedom from watching and washing pans.

When cooking is done on the rack of the waterless cooker about $\frac{1}{2}$ to 1 inch of boiling water should be placed in the bottom of the cooker and the valve closed, then keep the flame as low as possible when the cooking has started. In the steam cooker more water is used, according to the directions with the cooker.

Pressure cookers save more time and fuel than any of the other varieties for cooking, and are especially fine for canning, but directions with the outfit must be followed carefully.

The other cookers may be used according to their directions for canning tender acid fruits, but are especially good for fruit butters, catchup, chili sauce, etc.

Frozen mixtures may be kept in the fireless cooker for several hours without melting; or a frozen mixture that does not require stirring may be surrounded with ice and salt, and placed in the food compartment to freeze.

Cereals, baked beans, and all casserole dishes (see list), soups, stews, boiled foods, and the combination boiled dinners, roasts, Swiss steaks, rolled or stuffed meats, and steamed puddings or fruit cakes are among the most common foods prepared in the cookers, although some cooks can bake pies and layer cakes very successfully in certain types.

Whole meals may be prepared in the cooker at the same time, if foods requiring the same length of time are selected. Otherwise part of the food may be put in at different times. Although some foods can be cooked quicker than others, many varieties are not harmed by leaving them in the cooker the same length of time as the slower cooking foods. Most foods should be started over the flame (usually boiled ten minutes) before placing in the cooker.

A large roast of 4 pounds or more should be seared for thirty minutes (smaller, fifteen minutes) before placing in the cooker for three or four hours. In the fireless cooker, roasts or baked foods should be placed between two radiators heated the same. A large ham may roast all night, a small ham can cook in three to four hours if boiled one-half hour before placing it in the cooker.

Tough boiling meats can be made delicious by boiling about fifteen minutes on the stove, then in the cooker for from four to six hours.

Baked dishes should be placed between two radiators in the fireless cooker or on the rack in the waterless cooker. All scalloped dishes are excellent when cooked in the cookers about the same length of time as the oven, but they should be cooked ten or fifteen minutes on the stove or in the hot oven before placing in the oven. If left longer than the specified time no serious damage is done, so they are a boon for the busy woman. Creamed vegetables are cooked in a little water, and then creamed when removed from the cooker.

Cereals may be cooked six hours or all night. In the waterless cooker rice and macaroni cook in about one hour. They should be started on the stove. Soups may cook from two to six hours. Stews cook about the same as over the flame if well started.

Plum puddings, all steamed or baked fruit puddings, molasses pudding, baked apples, fruit sauces are successfully cooked in the cookers in about the same time as specified in the recipes if started in the oven or over boiling water. The following combinations may be placed in the cooker at the same time:

Menus

(Cook together about two hours.)

1. Shoulder of lamb or pork, steamed potatoes, creamed turnips, baked apples.
2. Baked beans, scalloped corn or potatoes, scalloped tomatoes, carrot pudding.
3. Boiled beef with turnips and potatoes, steamed fruit or spice puffs.
4. Veal stew with carrots, peas and potatoes, steamed maple custard.

5. Stewed chicken (with dumplings cooked in last fifteen minutes), steamed squash, apple sauce, steamed chocolate pudding.

6. Pork chops en casserole with sweet potatoes, steamed spinach, creamed cauliflower, stewed apricots with prunes (remove and chill one hour), or steamed orange roll.

Baked Dinners or Oven Menus

(For other suggestions see Casserole Dishes and Cooker Recipes and Menus. They may be used in Oven Dinners.)

Meat, fish, vegetables and puddings may be cooked in the oven at the same time. Meats should be seared for twenty to thirty minutes first. Then cover the roaster and place all the foods in their respective baking dishes and bake in slow oven (250° F.) four to five hours or at 275° F. for three hours. Creamed foods usually are cooked in a small amount of salted water (1 teaspoon of salt per quart) added to cream sauce after removing from the oven. For this long, slow cooking, foods are kept covered. Most foods would cook in less time, but the three to five hour low temperature periods give the housewife more freedom.

A crisp uncooked food, such as celery, radishes, fresh fruit, lettuce, a fruit or vegetable salad or cold slaw, should be served with a baked dinner.

Menus

1. Baked Ham with Potatoes, Creamed Carrots, or Celery, Buttered String Beans, Bread or Rice Pudding.

Put slice of ham 1 inch thick in greased baking dish, surround with thick slices of potatoes. Cover with milk. Bake uncovered four hours at 250° F. Cut the vegetables, cook separately or together in boiling salted water (enough to cover) in covered dish. Place in oven with the meat. Prepare pudding as usual, baking same time as meat at the low temperature.

2. Roast Veal, Creamed Cauliflower, Browned Potatoes, Baked Tomatoes, Graham Pudding.

Place roast (about 6 pounds) in oven at 500° F. Keep uncovered thirty minutes; then cover and reduce heat to 250° F. for four to five hours. About 3 cups of boiling water should be added with the potatoes before covering the roaster. The tomatoes may be stuffed with crumbs or butter and seasonings, and $\frac{1}{2}$ cup of water poured in the baking dish. For Graham Pudding see Index.

3. Baked Chicken, Mashed Potatoes, Scalloped Corn or Brussels Sprouts, Bellevue Molasses Pudding with Creamy Hard Sauce or Lemon Sauce. Add fruit salad or celery or sliced tomatoes.

Cut up the fowl, season with salt and pepper, dip in milk and cracker crumbs mixed with melted butter. Sear at 450° F. for fifteen minutes. Cover roaster and bake at 275° F. for three hours.

Place potatoes in cold salted water in oven and cook as long as the chicken. Vegetables are prepared according to recipe, but may be cooked three hours in the oven at the low temperature.

4. Baked Fish, Scalloped Potatoes, Buttered or Stuffed Baked Onions, Oven Stewed Tomatoes, Caked Chocolate Pudding.

Sear fish ten minutes in very hot oven (500° F.). Cover and bake four to five hours at 250° F. Large, whole onions are covered and cooked with a small amount of water. For pudding see Index.

5. Baked Eggs, Boiled Potatoes, Spinach, Prune Souffle.
Place in moderate oven, then reduce heat to 250° F.

Chafing Dish Recipes

(See Index for pages)

Soups, chowders, small stews, creamed foods, quickly fried foods, and egg dishes, such as: Oyster Stew, Mushroom Special, Creamed Crab Meat on Toast, Creamed Canned Chicken, Chicken Substitute with Rice, Spanish Rice, Welsh Rarebits, English Monkey, Tomato Rarebits, Chicken Terrapin, Chicken à la King, Kidney Stew, Corn Chowder, Sautéd Tomatoes, Panned Oysters, Creamed Tuna or Lobster, Mock Lobster Newburg, Mock Chicken Mousse, Creamed Canned Vegetables, Ringtum Ditty, Spanish Casserole, Shrimp Wiggle, Creamed Fish Flakes, Oysters Fricasseed with Mushrooms, Pigs in Blankets, Haddie Special, Bacon with Olives or Prunes, Creamed or Sautéd Mushrooms, College Dried Beef.

List of Foods Men Can Easily Prepare

(Find the recipes in Index; also see Camp Cookery for group of simple dishes. Use a fresh fruit or some uncooked vegetable each day. In the Meat and Vegetable sections there are many easy ways to fix all meats and vegetables not mentioned in this list).

Coffee; cocoa; cereals; pancakes; eggs (boiled, fried, scrambled, poached); white potatoes (baked, boiled, stewed, creamed, fried); sweet potatoes (boiled or baked); wieners or frankfurters (boil or lay in hot oven until heated); beef, veal, or pork steak (fried, broiled, Swiss, or with onions); chops (pork, veal, lamb, mutton); sausage; rabbit; fish (fresh, canned, or salted); ham; dried beef (creamed); boiled dinner (with corned beef or brisket); kidney stew; sauerkraut with spare-ribs; beef loaf; hash, spaghetti; macaroni; baked beans; soup (vegetable, tomato, bean, etc.); green beans boiled with ham; beef boiled with turnips and potatoes; cabbage (boiled, hot slaw, cold slaw); lettuce salad; emergency biscuits; gingerbread; bran muffins; baked apples; dried fruits (stewed); fresh fruits (sliced or whole); Jell-O; junket; custards.

Recipes for the Junior Cook

"Give me a piece of dough, mother." How often we hear that plea or a similar desire to "help cook." No matter if the scrap of dough soon looks like tar, provide a tiny pan and let son or daughter "help" if possible when they ask. The request, if rebuffed, might not be repeated, and a splendid opportunity for developing the spirit of comradeship and helpfulness may be lost. Older children seldom are interested in the simple things they should have learned when they were small.

Let it never be said of those who use this book, with its quantities of simple recipes, "My mother never would take time to teach me how to cook!" Of course it takes time and patience, but in the years to come, those precious fleeting moments "when we baked animal cookies" will be among those we love to recall.

Sons as well as daughters should be encouraged to take an interest in cooking. Many times they wish they knew how when emergencies arise.

A child of ten years should be able to prepare a nourishing, suitable lunch, if nothing more than fruit, toast, and cocoa. The author knows a little girl of nine, who is proud of the fact that she can bake bread. She started with a bit of dough and her own small pan; then, with plenty of praise and encouragement, she soon learned to collect the ingredients, mix the dough, and bake four large loaves of yeast bread without any assistance or compulsion.

Bread baking may not appeal to many children, but any child of ten can prepare any of the dishes in the list given below, and perhaps any of those in the list of Foods Men Can Prepare. When you come across a recipe that you think the child would enjoy making, give it their special mark on the page and in the Index.

Jell-O, toasts of various kinds, cocoa, and lemonade are among the most satisfactory recipes for the small beginner to try first. Then egg recipes, such as poached, coddled, hard boiled, and deviled eggs appeal to the child. Soups are not so attractive, but seem like a real accomplishment, and the child soon masters the white sauce for creamed soups also.

Creamed vegetables then follow as soon as white sauce or a smooth flour and water mixture is mastered. Boiled and buttered vegetables may be prepared by children that are old enough to attempt any cooking.

Drop cookies, cup cakes, sponge drops, and plain muffins are a pleasure for children to make, and soon they learn simple cakes and rolled cookies. With small amounts of pie crust they enjoy making jelly tarts and cheese straws.

Powdered sugar frostings, fudge, butterscotch, taffy, and popcorn balls are fun for children to make, and give them added interest and incentive to cook.

The following list of simple recipes may be helpful reminders:

- Gelatine desserts (prune gelatine, banana puff, syllabub, etc.).
- Jell-O with any kind of fruit or nuts.
- Junket, fruit ices, sherbets, and plain electric-refrigerator desserts.
- Banana whip, apple snow, apricot snow, tapioca puddings, bread puddings, rice pudding, Norwegian prune pudding, stewed fruits, apple sauce, cranberry sauces, delicate shortcake, fruit cup, tutti frutti, baked apples, brown Betty, prune cake, baked custard.
- Date muffins, plain buns, emergency biscuits, pancakes, bran muffins.
- Cocoa, coffee, lemonade, punch, eggnog, milk shake, tea.
- Quick cake, war cake, sponge drops, cup cakes, sugar cookies, ginger drop cookies, sand tarts, gingerbread, raisin drop cookies, nut bread, baking powder coffee cakes, Johnny cake, delicate corn bread.
- Soups (oyster, tomato, celery, bean, asparagus, etc.), bouillon with cubes.
- Toasts (milk, cinnamon, cheese, peanut butter).
- Boiled, creamed, buttered, baked, or stewed potatoes, and other vegetables.
- Fried oysters, fish, pigs in a blanket, salmon loaf, creamed fish flakes, or tuna.
- Fried pork chops, broiled or Swiss steak, lamb chops, creamed dried beef, boiled meats, wieners, sausage, ham, creole steak, hamburg, goulash, stews.
- Eggs (poached, coddled, baked, hard-boiled, creamed, deviled, omelet, scrambled).
- Peanut butter fudge, chocolate butterscotch, marshmallow fudge, sauerkraut candy, creamy chocolate fudge, popcorn balls, salt-water taffy.

The Emergency Shelf

"Two were invited—along came four; the emergency shelf furnished two portions more"

Canned soups and chowders, fish (tuna, salmon, sardines, finnan haddie, lobster, crab meat, oysters, etc.), fruits, vegetables (including sauerkraut, baked beans, etc.), spaghetti, macaroni, chili con carne, chow mein, corned beef, Crisco (the fat for shortening or frying that can be kept unsealed on the shelf indefinitely without becoming rancid), mince meat, evaporated milk, peanut butter, mushrooms, plum pudding, soft cheese, beef, and chicken.

Boxed crackers, cracker crumbs, cookies, cheese wafers or tid bits, cereals, pancake flour, prepared bran, raisins, dates and other dried, preserved or candied fruits, shelled nuts, Baker's cocoanut, pie fillings, Jell-O, junket tablets, bouillon cubes.

Bottled olives, cherries, salad dressing, olive oil, ketchup, vinegar, horseradish and other table sauces, grape juice and other beverages, lemon sirup, chocolate or cocoa syrup (for drinks), sauces for ice cream and puddings, malted milk powder or tablets.

Homemade meringue shells, fruit cookies, fruit cake, jellies, preserves, pickles, suet puddings.

Miscellaneous perishables—to be used and replaced often—pie crust shells or mixed crumbs for pastry (preferably Crisco for shortening), glass jar of grated cheese (lightly covered), cheese-cloth bag of ground or rolled dry bread crumbs (or use the boxed cracker crumbs).

Baked or Casserole Dishes

(Find Recipes in Index)

Vegetables

Baked gumbo succotash; Boston baked beans; baked lima beans lima bean loaf; kidney beans with spaghetti; Italian baked beans; corn soufflé; Spanish bean casserole; baked cabbage with sausage; scalloped eggs, carrots, potatoes, onions, cabbage, tomatoes, celery, corn, parsnips, carrots with turnips; carrots with onions; celery au gratin; baked corn with oysters, with green peppers, with milk; eggplant with rice, eggplant casserole; Southern succotash; baked okra; pea roast; baked peppers; potato hot pot; hodge podge; Dutch rice; saucipecante; Spanish casserole; spaghetti (Italian, Special, Scotch, and Spanish); baked spinach; squash casserole; vegetable casserole, vegetable loaf; cheese fondue; sweet potatoes with marshmallows; rice and tomato fluff; vegetable pie, rice nut loaf.

Meat Dishes (Not Including Roasts or Stews)

South Carolina rice pie; Neapolitan macaroni; spaghetti (Italian, Scotch, etc.); chili con carne; meat and corn casserole; beef with peas; Italian steak; creole steak; Hungarian goulash; Mexican hamburger; Spanish lamb; lamb casserole; pork chops with corn; pork chops with dressing; baked sausage; ham pie; ham baked with apples; scalloped ham, ham with potatoes, oysters; creole sausage; Rochester pork chops, pork chops en casserole; scalloped fish; flaked fish with cheese; fish soufflé; Spanish cod fish; salmon en casserole; scalloped chicken; tuna soufflé; casserole of giblets; noodle-hamburger casserole; Jambalaya (rice, ham, etc.).

Picnic Reminders

When ready to spread a picnic lunch have you ever discovered that you had forgotten to bring spoons, salt, coffee, or something equally essential?

The following lists may help in "checking up" or selecting all that is needed for various kinds of picnic lunches, and also furnish suggestions for a variety of menus.

EQUIPMENT

Plates	Camp stove or wire rack	Towels
Cups	Broiler or toaster	Soap
Glasses	Frying pan or stew kettle	Corkscrew
Knives	Coffee pot or pan, and strainer	Bottle opener
Forks	Pail, pitcher, or thermos jar	Tablecloth
Teaspoons	Matches and newspapers	Napkins
Serving spoons	Kindling and charcoal	Flashlight
Serving dishes	Asbestos mittens	First aid kit
Large knife	Vacuum freezer	
Large fork	Long pointed sticks or wire	
Pancake turner	Antiseptic for wounds or burns	

FOOD SUPPLIES

Bread	Meat:	Radishes or	Salad:
Butter	Bacon, eggs	onions	Fruit,
Cream	Wieners	Cookies or cake	Potato,
Sugar	Steak	Sandwiches or	Vegetable.
Salt	Fish, etc.	Sandwich	Baked beans or
Pepper	Chops	spreads	corn
Coffee	Fowl	Tomatoes	Stew
Milk	Game	Pickles or olives	Deviled or
Iced drinks	Cheese	Raisins or	boiled eggs
Catchup	Lettuce	chocolate	Marshmallows
Mayonnaise	Fruit:	Nuts or cracker-	Popcorn
Mustard	Bananas	jack	
Peanut butter	Melons	Potato chips	
Jelly	Peaches, etc.		

For campfire cooking: Any meat, fish or sea foods, sweet or white potatoes, sweet corn, popcorn, tomatoes, apples, cabbage, cheese, eggs, marshmallows, etc.

Hot foods carried along should be wrapped in many thicknesses of heavy paper, and woolen cloth or a blanket.

Cold foods should be wrapped in wet cloths and paper, or packed in a thermos jar or an ice-cream freezer.

Lukewarm foods may become dangerous very soon.

PICNIC MENUS

<i>Sandwiches.</i>	<i>Hot Food.</i>	<i>Salad.</i>	<i>Relish.</i>	<i>Dessert.</i>	<i>Beverage.</i>
Meat or Lettuce	Baked beans or Hunter's stew	Potato	Pickles	Melon	Coffee
Relish Egg Peanut butter	Scalloped corn Potato chips	Tomato	Celery	Cake Bananas	Lemonade
Buns and butter Jelly	Wieners or Bacon, or Fish	Deviled eggs	Olives	Tarts Apples	Coffee
Bread and butter Marmalade	Steak Baked potatoes Roasted corn	Fruit	Radishes	Cookies Marshmallows	Coffee
Nut bread Buns Cucumber	Clams or Oysters, or Lobsters Roasted corn	Vegetable Cold slaw Tomatoes	Olives Pickles	Pie or Ice cream Cake	Coffee

Note: Also see Camping Suggestions and Recipes.

Camping Suggestions and Recipes

(Two Weeks' Supplies for Four Adults)

The food listed below may be carried along or purchased as needed, but the purpose of the list is to give an idea of the food required, so more definite plans and equipment may be decided upon in advance if campers desire to depend entirely upon their own cooking. The average cost is about \$4.00 a week per person.

- | | |
|--|---|
| Coffee, 3 or 4 lbs. (ground); 2 cans minute coffee, or a cereal coffee. | Cornmeal, 2 lbs. (for pancakes, corn bread, or mush). |
| Sugar, 5 lbs. | Pepper, $\frac{1}{8}$ lb. shaker. |
| Cocoa, $\frac{1}{2}$ lb. can. | Rice, 2 lbs. |
| Butter, 5 lbs. | Navy beans, 4 lbs. or 3 cans. |
| Crisco, 2 lbs. | Molasses, 1 lb. |
| Flour, 5 lbs. | Potatoes, 1 bu. (part sweet). |
| Bacon, 4 lb. strip. | Onions, 4 lbs. |
| Cheese, 2 lbs. | Tomatoes, 3 cans. |
| Milk, evaporated, 10 large cans, and 2 lbs. powdered (1 lb. makes 9 pts.). | Soup (6 cans tomato and 6 cans vegetable-beef). |
| Crackers, 4 boxes salted; 3 boxes graham. | Prunes, 4 lbs. |
| Spaghetti, 1 pkg. | Codfish, 1 lb. |
| Catchup, 1 bottle. | Peas, 3 cans. |
| Salt, 2 lbs. | Corn, 3 cans. |
| Sugar (white, 5 lbs.; brown, 2 lbs.). | Beets, pimientos, green beans, wax beans, salmon, sardines, (1 can each). |
| Soda, 4 oz. | Dried beef, 1 lb. |
| Baking powder, $\frac{1}{2}$ lb. | Eggs, 2 dozen. |
| | Cabbage, 2 heads. |
| | Fruit, 4 cans. |

This list may be supplemented by bread, fresh milk, fruits, meats, fish, more eggs and vegetables, but it is complete enough to meet the demands of various tastes in an average group if no fresh food is available. Other foods that may be added are: Dried vegetables, bouillon cubes, tea, cereals, canned or fresh lobster, clams and oysters, smoked sausage, ham, pickles, olives, olive oil, vinegar, salad dressing, raisins, figs and other dried fruits, cocoanut, milk chocolate, malted milk, bottled drinks, etc.

Camp Equipment may include a thermos jug, camp stove, a canned heat outfit, vacuum freezer, pressure cooker or a waterless cooker, a Dutch oven or any single burner oven, folding table and stools or chairs, a frying pan, a pancake griddle or piece of sheet

iron (and remember the pancake turner). Perhaps a food grinder and a colander may be needed, and don't forget the egg-beater, a funnel, a ladle, a pail or pitcher, and a cook book!

An auto ice box and fireless cooker are a great help to campers, but in the absence of the ice box or cooker, a "bean hole" in the ground makes a splendid substitute for either.

For cooking in the bean hole build a fire in the hole, heat flat stones (and pieces of iron if possible); when the food is boiling and the coals and iron red hot cover with earth and leave eight to twelve hours. Oatmeal, baked beans, stews, etc. may be cooked this way. For cold dishes, use a can for a container, set it in the hole, and cover with damp ground. A large ice-cream freezer makes a good ice box for tourists.

In the absence of a completely equipped camp stove, parts may be substituted as follows: A stone or dirt fire place, wire rack or piece of chicken netting or clean, dry, flat stones (wet stones explode).

Carry utensils that pack inside each other and have some with lids. Oil cloth or paper and a bottle may be used for rolling out dough. Be sure to take matches, sharp knives, and towels, besides light-weight serving dishes, cups and silver. Always carry iodine solution or some antiseptic for wounds and bites.

A lotion to keep away mosquitos may be needed, also a lotion for poison ivy. Lemon juice may be used for inflammations where the skin is not broken. Lemon or vinegar is good for sunburn. Also remember cold cream or vaseline, a standard "first-aid kit," and a flashlight.

Note: Also see Picnic Reminders.

TO BUILD A CAMP FIRE

Build the fire, if possible, in a low spot on the ground, or pile stones along three sides to protect the fire from the wind. Gather light, dry chips and twigs. Make a little criss-cross pile of the driest ones and light fire with dry leaves or paper. Add bark and twigs a little at a time, and gradually increase the size of the wood until the fire burns briskly. If a camp stove or rack is at hand, set it firmly over the fire before it gets too hot. Add charcoal or stones to help keep an even heat.

CAMP COOKERY

Almost any dish that can be cooked at home may be prepared over the camp fire, but the menus should be as simple as possible, and the following recipes are particularly adaptable for camp cookery. One main dish with some kind of bread, fresh fruit, and

a drink is the best plan for each meal, with an occasional variation. A salad of any fresh vegetables should be added often. A broiler, long, sharp sticks or heavy wire may be used to toast many kinds of sandwiches—cheese, ham, dried beef, sardine, etc.; sticks are used also for browning bacon wrapped around cheese squares, oysters, or seeded or stuffed olives; for toasting marshmallows, roasting wieners, steak, ham, chops, birds or fish, although the frying pan or other methods may be preferred for some of the meats.

Note: For Sea-food Recipes see Fish.

BROILED STEAK, HAM, ETC.

In broiling over coals it is essential that the fire be hot and clear, without flames darting up. The wires of the broiler should be well greased with a bit of fat cut from the meat.

Season and sear the surface of the meat as quickly as possible in order to prevent the escape of the juices. When cooking over a fire, turn the meat every ten seconds until it is well seared on each side. In turning, take care that the fat runs over the meat and not into the fire. Cook from eight to fifteen minutes, according to thickness.

CAMP BAKED HAM

Take a slice of ham about 1 inch in thickness. Mix thoroughly 1 teaspoon of ground mustard and 2 tablespoons of sugar and rub this mixture over the ham. Place in a frying pan or Dutch oven and cover with $\frac{1}{2}$ cup of water in which you have placed 1 tablespoon of vinegar. Cover and bake slowly until very tender.

CAMP HAM AND POTATO CASSEROLE

Fry as many slices of ham as you may need. Butter a baking dish and fill the bottom with sliced potatoes. Put some of the ham on top of this, a layer of potatoes next, more ham, and so on, finishing the top with a layer of potatoes. Pour some water into the hot frying pan in which remains the drippings of the ham. Let this cook a minute, then pour this thin, delicious gravy over the potatoes. If this is not enough to cover, fill the pan with water or milk. Put in oven or "bean hole" for from one to three hours.

BAKED BASS

After cleaning and scaling, place the bass in cold water for at least an hour. Then lay it in a greased frying pan, skin side down. Cover with condensed milk and water, mixed half and half; sprinkle with bread crumbs. Cover and place over a bed of very hot coals (or in an extra hot oven) and bake for about thirty minutes. By this time part of the milk will have evaporated and

the bass will be a rich brown. Lift bass onto a hot platter, pour the sauce over it, and serve piping hot. A garnish of finely chopped ham or bacon may be added when the fish is placed over the fire. This provides seasoning and adds to the flavor.

FISH SCRAPPLE

1 cup cornmeal	$\frac{1}{4}$ cup boned, cooked fish
$\frac{1}{2}$ cup cold water	3 cups boiling water
1 teaspoon salt	

Mix cornmeal, salt, and cold water and add to boiling water. Cook slowly at least three hours. Half an hour before removing from the fire add the shredded fish, then pour into a greased can.

Cover to prevent a crust forming, and set in a cool or cold place overnight. In the morning remove from container, slice thin, dip in flour, and fry in hot fat until brown on both sides.

FISH CHOWDER

For this recipe chopped fresh fish or clams should be used.

Dice plenty of potatoes and onions in any proportions desired. Cook in a large kettle with a generous tablespoonful of butter. Season well with salt and pepper. When almost done add fresh fish or clams, or canned flakes. Add this to the potatoes and onions, adding also enough milk to make sufficiently liquid. Just before serving break in some crackers.

CAMP EXPERT'S BUNDLE BAKED DINNER

Prepare a roaring fire and have ready plenty of cleaned fish, washed potatoes, a head of cabbage, and ears of corn with the husks stripped down, the silk removed, the corn rubbed with butter and then salted, the husks pulled back and the entire ear wrapped in newspaper. Rub the potatoes with bacon grease and then wrap them in about four thicknesses of newspaper. Cut the heart out of the cabbage, and put in a lump of butter, salting it well, wrapping it in brown paper oiled with the bacon grease, then wrap in newspaper.

Salt the fish inside and out, put a strip of bacon down through the middle, wrap them in greased paper, then in newspaper.

Rake the fire from the spot of ground that it has covered and heated. Dig a hole about 9 inches deep and 3 feet long. Place the paper bundles in the hole, cover with the hot dirt, replace the fire over the spot, add more fuel, and keep the fire burning briskly for two hours. Then rake the fire away, dig up the deliciously cooked food and serve in the little bundles, allowing each person to unwrap his own share. Some fresh fruit should finish the meal.

CAMPER'S FAVORITE—CORN AND BEANS

1 pt. pea beans or kidney beans	2 teaspoons salt
$\frac{1}{4}$ teaspoon baking soda	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ lb. bacon	Boiling water
2 tablespoons molasses	2 cups canned corn
	1 large cooking onion

Pick over the beans, wash and cover with cold water, and let soak overnight. In the morning drain, add the baking soda, cover with cold water, and let them simmer until the skins begin to loosen. Drain, and blanch with very cold water. Cut the bacon into cubes and add to the beans, together with the molasses, salt, pepper, and 1 cup of boiling water, and the onion. Put into a bean pot or Dutch oven and then into the fire. If you have a stove with an oven you may bake them in the usual way, but for real flavor bake in a bed of coals. Dig a generous hole in the ground. Into the bottom of this hole place about 6 inches of glowing wood coals. Then into this, place the bean pot or Dutch oven and around it put at least 6 inches more of the coals. Be sure the top is very tight and put the coals there, too; have the whole pot well covered. Leave for at least 6 hours, then add corn. It may be necessary to add a bit more boiling water. Cover again, cook for half an hour longer, and serve.

FRIED APPLES WITH ONIONS

This dish is much better than it sounds, and it relieves the monotony of the usual camp cookery.

4 onions	$\frac{1}{2}$ teaspoon salt
3 large, tart apples	$\frac{1}{2}$ cup water
2 tablespoons bacon drippings	

Cook the onions slowly in the hot fat, then add the sliced apples, water, and salt. Cover the frying pan and cook until the apples are soft, then remove the cover, and fry until the water is evaporated and the apples a golden brown in color. Serve hot.

CAMP MULLIGAN STEW WITH DUMPLINGS

Dice some bacon in the large kettle or Dutch oven, and fry till crisp but not too brown, add sliced onions, and fry to a golden color, then add diced potatoes according to the need of the diners.

Season with salt and pepper to taste and cover with water. When the potatoes are almost done add meat—fresh meat, game or fish. Stir up dumplings, using one egg if available. Use one cup of flour and 2 heaping teaspoons of baking powder and $\frac{1}{2}$ teaspoon of salt. Mix with water to a stiff dough. Paste by spoonfuls on the sides of the kettle. This is important, as it keeps them

from bobbing around in the gravy and becoming hard and soggy. Cover the kettle tightly and do not open for twenty minutes.

"MORE" STEW FOR EIGHT

1 small package of spaghetti	1 can tomatoes or soup
1 lb. hamburger	1 can peas or corn
$\frac{1}{2}$ lb. sausage	1 can mushrooms
1 cup sliced onion	$\frac{1}{2}$ cup diced cheese

Put the spaghetti to cook in a Dutch oven or large kettle in plenty of boiling salted water. Put the sliced onions to fry in the frying pan with bacon fat or other shortening ($\frac{1}{2}$ cup celery may be added). Stir to keep from burning. Add the hamburger and the sausage, and stir till the whole is a crumbly mass and well cooked. Be sure the onions do not burn.

When the spaghetti is done, drain and add to it the contents of the frying pan. Then add the tomato, peas, and mushrooms and keep hot till time to serve. Just before serving add the cheese.

HUNTER'S STEW FOR FOUR

2 to 6 slices diced bacon	4 diced potatoes
$\frac{1}{2}$ lb. diced, floured meat	6 diced carrots
1 large diced onion	1 diced turnip
1 qt. boiling water	Salt

Fry meat and onion in bacon fat, add 1 qt. boiling water. Add diced potatoes, carrots, turnip, and salt. Cook about one hour. The meat may be omitted.

SAVORY CORN

$\frac{1}{4}$ lb. bacon, cut fine	$\frac{1}{4}$ lb. American cheese, diced.
3 small onions, sliced	Salt, pepper
1 can tomatoes	Toast or crackers
1 can corn	

Fry the diced bacon with the onions. Add tomatoes and corn. Add cheese, and stir till the cheese melts. Serve hot.

QUICK NEW VEGETABLE STEW

2 sliced onions or $\frac{1}{2}$ cup celery	3 eggs
1 diced green pepper	Salt, pepper
$\frac{1}{4}$ cup butter	Toast or crackers
1 small can tomatoes	

Fry onions and green pepper in butter. Add tomatoes. When boiling, add egg, stirring till cooked. If the fire is too hot the stew will curdle. Serve hot.

BAKED GROUSE, QUAIL, OTHER GAME BIRDS, RABBIT OR SQUIRREL

Clean the game, then prepare the following dressing, which is the secret of this unusually good roast.

Mix 1 cup finely shaved cabbage with 1 slice of mild onion. Add about 1 cup dry bread crumbs and mix in, and then use condensed milk to make a rather stiff mixture of the whole. Season well with salt and pepper, stuff the bird, and sew together. Over the stuffed bird place strips of bacon. Use plenty of bacon. Put into a real hot oven where it will bake quickly. Contrary to expectations the dressing will be delicious; the cabbage absorbs a certain amount of the "wild" flavor. The meat will be tender and juicy. Sauerkraut may be used for the dressing.

BIRDS AND SMALL GAME BAKED IN CLAY

Cut open, draw and wash them well. Cover with a thick layer of clay, place in the midst of a hot fire. Let bake about one hour, take out, break open. The skin or feathers will stick to the clay.

BROILED RABBIT OR SQUIRREL

Cut in two pieces through backbone. Place in toaster over coals until brown, turn and brown on the other side. Sprinkle with salt and pepper, then cook slowly over coals, turning occasionally until done.

CAMPERS' CORKSCREW BREAD

Four cups flour, 2 tablespoons shortening, 1 tablespoon baking powder, 1 cup milk or water, salt (about 1 teaspoon).

Mix flour, baking powder, and salt, add shortening, and then milk or water; gradually mix into stiff dough. Wind dough around a green stick. Rest stick on two fork sticks over a good bed of coals. Turn frequently until crisp and brown. Pull out the stick. This is a camper's delight.

Invalid Care and Diet

HOME NURSING HELPS

Dr. E. R. Hayhurst, *Professor of Hygiene, Ohio State University*

Average Normal Temperature 98.5° F.—Children's temperature rises more easily than adults, so 1 or 2 degrees above causes little alarm, but in adults 1 degree variation from the individual's normal temperature should be investigated if continued several hours. When taking temperature be sure patient's lips are kept tightly closed for three minutes. In fever cases keep thermometer in alcohol; always rinse in water before using. Fever temperatures usually run higher between 4 and 6 P. M. and lowest between 2 and 4 A. M. Temperature should not be taken less than one-half hour after a meal or any hot or iced drink has been taken. During illness the temperature, respiration, and pulse are easily affected by excitement, worry, fatigue, loss of sleep, etc.

Average normal pulse is 60 to 72 beats per minute for men (a little slower when asleep); 70 to 80 for women; somewhat faster for children.

Use hot compresses, poultices, alcohol, etc., only when and where the doctor gives permission. Ice-bags are a great comfort and aid in relieving all sorts of inflammations or congestions.

Wash the patient's hands and wash out the mouth with a tiny tooth brush and salt water or other mild antiseptic before each meal.

Sunshine is Essential.—In measles or such diseases that effect the eyes it is wise to cover the eyes and allow the sun to shine into the room and on the body, if only on the wrists. Sunshine not only cheers a patient, but is the best of blood tonics. Sun should shine directly on at least a part of the body for one hour or more each day without glass or clothing to obstruct the rays. Direct sun is the best "cure all" and "germ exterminator"; especially important in prevention or cure of rickets, anemia, and tuberculosis.

The Sick Room.—This should be sunny, airy, and not overheated. Light should not shine directly into the patient's eyes. Drafts may be avoided by the following means: A screen or clothes horse with a sheet or blanket thrown over it and placed in front of an open window; a muslin screen placed in the opening of the window; a board nailed to the lower sash of the window and the window raised so that the lower end of it is below the upper end of the board; a string tied at the side of the bed from the head to the foot, and a sheet or blanket thrown over the string.

Use small washable rugs on the floor and take them out to clean. Remove all unnecessary furniture and ornaments, as they take too much air space and their dusting and cleaning disturbs the patient. Keep sick-room utensils out of the room and bring them in when needed.

The bed should be high enough to eliminate extra bending for the nurse, and it should be far enough from the wall to be accessible from all sides without moving it. The bed may be raised by placing hollowed blocks under the legs, using two mattresses, or by raising the springs on cleated boards or boxes.

The lights should be carefully shaded, but enough light should be allowed to prevent deep shadows. All rattling casements and squeaking doors should be looked after, plugged, and oiled. Bells whose sudden pealing makes the patient jump should be muffled.

To Change Sheets with Patient in Bed.—Three sheets are needed to make a bed for the sick: a top sheet, a bottom sheet to be used over the mattress cover, and a draw sheet which is a folded sheet put tightly across the center of the bed. (The draw sheet is easily removed, and kept smooth, it saves the bottom sheet and makes a rubber sheet (next to the mattress) less disagreeable.

To change the bed, take the pillows away, remove the spread, turn the patient to one side, fold the covers over the patient. Roll the draw sheet toward the center, then roll the bottom sheet the same way. Fold a clean sheet lengthwise to the middle, lay the fold against the fold of soiled sheet. Tuck the clean sheet under the mattress at the head of the bed and then at the side. Fold half of the draw sheet, lay the fold next to the fold of the bottom sheet. Tuck the end under the mattress.

Roll the patient over on clean sheets, go to the other side of the bed, pull off soiled sheets, rolling them from the center, straighten and adjust clean ones. Put a clean sheet over the patient, pull the soiled top sheet and the blanket from underneath it. Put the blanket over the clean top sheet, and finish the bed making.

If the patient cannot be turned on the side, two people are needed to change the sheets. The bottom sheet can be changed by rolling it down from the head of the bed as far as the shoulders, then placing the rolled clean sheet over the uncovered part of the mattress. One person then can slightly raise the patient's shoulders and hips, while the other pulls the sheets down. When arranging pillows the patient can often help by placing one arm over the nurse's neck and the other under her arm. When doing this the patient should turn the head and rest it on the nurse's shoulder to prevent the breath contact which would be unavoidable if both arms were placed around the nurse's neck.

To Give the Patient a Bath.—A cleansing bath is more necessary for a patient than for a well person. The excretions

from the pores of the skin contain organic substances, which will decompose and give rise to unpleasant odors if they are not removed. Bathing stimulates the circulation of the blood and is very refreshing to the patient. Water should be changed during the bath. The bath should be given an hour or two after breakfast or in the evening before the patient goes to sleep. The room should be warm and free from drafts.

Have everything at hand so that it is not necessary to stop in the middle of the bath to get extra things. Use a foot-tub or a clean dish pan instead of a bowl, so as to have a large quantity of water. A tub or pan with handles will be easier to carry. A tray or a basket with the patient's toilet articles in it will save many steps. The basket should contain: A piece of old blanket, three towels (a soft one for the face and two bath towels), two wash cloths, a piece of ivory or castile soap, whisk broom for brushing the mattress, a tin of talcum powder, comb and brush, scissors and nail file, tooth brush, dentifrice, and a glass.

Place the pan with the water on a chair or table near the bed. Get clean sheets and pillow cases if necessary, and a fresh nightgown. Put these to air and warm, then get the patient ready.

First, clean the patient's teeth and give a bed-pan to the patient. If the patient is chilly, apply a hot-water bottle to the feet, then remove the top sheet, pulling it down from under the blanket, and remove the patient's nightgown.

Use a piece of blanket or a bath towel underneath the part of the body which is being washed, and move the cloth from one part to the other as you work. A patient should never be exposed more than absolutely necessary. The bath may be given entirely under cover, so that the surface of the body is not exposed to the air. The temperature of the water for a cleansing bath should be warm enough to be comfortable to the patient.

Bathe the patient in the following order: face, neck, ears, chest and abdomen, legs and feet. Change the water, turn the patient on the side, and bathe the patient's back and rectum. Dry each part carefully as it is washed. Keep the water warm throughout the bath. When washing patient's feet place the pan on the bed so the patient may be able to put the feet into it. Wipe dry between the toes. Dust talcum powder under the arms, between the thighs and toes, and under the knees. Often it is wise to follow the bath with an alcohol rub to prevent catching cold or stimulate circulation.

To Change a Nightgown.—Pull the nightgown up from the bottom, lift the knees, roll the gown up to the neck, bend one arm and remove the sleeve. Lift the gown over the head from under the shoulders and off the other arm. Draw a sleeve of the clean gown over one arm, slip the gown over the head and under the

shoulders, bend the other arm, draw it through the sleeve and pull the gown down smoothly.

Care of the Mouth.—The proper care of the mouth contributes much to the patient's comfort. The patient should clean the teeth with a tooth brush after each meal and at night. If the patient is too ill to do so, then the nurse must clean the patient's mouth. A little lemon juice in the water, or salt water (one teaspoon of salt to a pint of water) makes a good mouth wash. The mouth of a fever patient must be cleansed every few hours, day and night. If possible, use a small, soft tooth brush, and do not forget to clean the tongue, gums, and roof of the mouth. Apply olive oil or glycerine and lemon (the juice of $\frac{1}{4}$ lemon to 1 oz. of glycerine) to the lips to prevent cracking.

Bed-sores.—To prevent bed-sores the patient's position must be changed frequently. The skin of the back must be kept dry, dusted with talcum powder occasionally, and frequently massaged with alcohol to help the circulation. Moisture and pressure are responsible for most bed-sores. If a bed-sore forms, consult your doctor about treatment. A saturated solution of alum is one of the most effective remedies. The elbows, knees, and end of the spine can be kept glazed with the solution. A rubber ring for supporting the buttocks can be purchased. Rings may be made of cotton and covered with cloth or bandages.

Enemas.—For a simple enema one of the following is generally used: a solution of common salt, using 1 teaspoon of salt to a pint of water; or soapy water, made with white soap such as castile or ivory. Suds should not be used, as they cause pain. The temperature of the water in ordinary cases should be about the same as that of the body or a bit cooler. A more powerful enema is: 1 oz. Epsom salts, 2 oz. glycerine, and 3 oz. water, mixed and used cold.

Have the patient on the left side when giving an enema, or on the back with the knees flexed. Grease the nozzle of the tube and the rectum, then expel some of the water through the tube to remove the air before inserting the tip. The flow should be slow to prevent pain. The can or bag holding the fluid should not be higher than 1 foot above the rectum. Withdraw the tube gently. No enema should ever be taken in the sitting position.

An Ice-bag Substitute.—A suitable waterproof material may be substituted for an ice-bag. A piece of an inner tube with the ends tied securely, a piece of oilcloth, rubber sheeting, a bladder, or a hot-water bottle filled with cold water may be used.

If a hot-water bag is not available, use hot flannel, hot bran or salt bags, hot bricks, soapstones, stove lids, or Mason jars or jugs filled with hot water. Take care when using external heat not to burn or scald the patient. Hot-water bags, bricks, soapstones, or Mason jars should always be wrapped securely.

Do not fill a hot-water bag or an ice-bag too full. Expel the air by pressing the bag until water shows in the opening; then put in the stopper. It will not be so heavy and rigid.

COMFORT FOR THE SICK

The **pillows** should be shaken, aired, and sunned frequently. A small pillow is a great comfort to put between the knees or at the patient's back when lying on one side. When lying on the back or propped up in bed an extra pillow should be placed under the knees. To keep the patient from slipping when the shoulders are raised, hold the pillow under the knees in place by a sheet folded diagonally, or by means of a long strip of cloth tied to the bedposts at the head of the bed, or place a broomstick or a small board, covered with a pillow, under the patient's knees against the buttocks and tie a piece of cloth or string to each end of the stick or board, and tie the other end of the cloth to the head of the bed.

Backrests are comfortable, inexpensive, and a firm support for pillows. An inverted straight chair or a washboard can be used, if placed under the pillows or mattress.

Comforters should be *light*, but *warm*, preferably wool or down-filled, and protected by slip covers easily laundered. Warm pajamas or underwear next to the skin are more comfortable for chilly patients than extra covers.

The *weight of the covers* may be relieved by making a bed cradle from crossed halves of hoop, tied together, and placed under the covers, or tie a string from the head to the foot of the bed. A loop made of a piece of tape with a large safety-pin attached is then placed over this string. Covers are lifted by means of this pin, and the loop moved where the lifting of the weight is needed.

To relieve the weight of covers on the feet a wide board may be placed at the foot of the bed, between mattress and bedstead. The covers are brought over this board before tucking them under the mattress.

To **change the air in a sick room** place an open umbrella on the bed, and by means of a sheet or blanket form a tent over the patient.

To **enable a patient to reach extra covering**, tuck it in at the foot of the bed, fold it back and forth, fasten strong strings to the corners, and pin the strings to the mattress on each side of the bed near the head.

Little bulletins hung on the doorbell will answer the questions of kindly friends without any member of the family (who might be getting a little much-needed rest) having to entertain them.

Crumbs in a bed are a tragedy to the invalid, and all precau-

tions should be taken to prevent them. A small whisk broom may be deftly used after each serving of food to make sure there are no food particles left.

Optimism and **cheeriness** are watchwords of sick-room psychology. Beauty and uplifting are a necessity for the patient's well-being. Nothing in the way of complaint, anxiety, family disturbances, or problems should enter the sick room. The room should be kept airy, in order, and clean as possible without worrying the patient. Flowers should be kept sorted, artistically arranged, and wilted ones removed. Show sympathy and interest in patients, without humoring them too much or "fussing" over them enough to worry or spoil them.

DIET FOR THE SICK AND CONVALESCENT

Food for the sick may be classified in the following way:

(1) **Liquid diet**, which usually includes broths (chicken, lamb, beef, clam, and oyster), gruels, milk, buttermilk, malted milk, eggnog, cream soups, koumiss, vegetable broths, cocoa, and possibly tea and coffee, also orange and grape juice.

(2) **Soft diet**, which includes the liquid diet, and adds soft cooked eggs, milk toast, junket, custards, tapioca puddings, mashed banana or apple beaten with white of egg, floating island, rice pudding, ices, cooked cereals, tomato juice or soup, and almost any vegetable purée, jellied broths and fruit juices, stewed fruits and prune whip.

(3) **Semi-solid diet**, which includes the soft and liquid foods, and adds easily digested solid foods, such as tender chicken, oysters, squab, scraped broiled beef (if permitted), toast, crackers, all cereals, creamed or mashed vegetables, such as carrots, potato, spinach, asparagus, celery, beets and peas, also baked potato and possibly crisp bacon, omelets, baked apple, ice cream and soufflés.

(4) **Light diet**, which includes all the foods mentioned above and more vegetables (except dried beans or peas and possibly cabbage), fish, lamb, sweetbreads, steak, tongue, and all light desserts.

(5) **Special diet**, one that is ordered by the physician for a particular case.

When meals for an invalid are to be carried from one floor to another and must be kept hot, use a casserole. Just before the meal is ready to be served, hot water is placed in the casserole. Cover and put in the oven. When the meal is ready the meat and potatoes or broth are placed in small cups, and all put into the casserole (from which the water has been emptied). Transfer the food piping hot from casserole to tray in the patient's room.

Hot-water plates are a nice addition to the tray, as they keep

food hot while the patient eats slowly. They are hollow metal or china plates that can be filled with hot water.

The little bed-tray with folding legs is another convenience, if not necessity. The tiny protective rail that keeps things from slipping off takes all anxiety from the patient's mind and makes the meal more enjoyable.

A bed table may be made by using three sides of a long, light, wooden box. The two sides rest on either side of the patient, and the third forms the table. A railing may be nailed around three sides of the top.

Feeding cups (a toy china tea pot can be used), feeding tubes, and glass spoons are a help for the patient that must be fed lying down. Little medicine-glass covers keep all liquids in glasses free from dust.

The patient should have his or her request for certain foods gratified whenever the food is suitable for that patient and the request is reasonable. Foods for the sick should be carefully cooked and only slightly seasoned. They should be served punctually and at such intervals as the physician advises.

If the contents of the tray can be sent into the sick room as a surprise it will often tempt the appetite of the patient who otherwise might not eat if he knew what was coming. The tray should be removed from the room as soon as the patient has finished.

The utmost care should be taken in cooking food for the invalid, so that all of the flavor and delicacy of each dish may be preserved. We take it for granted that the food is the best that can be had, and that absolute cleanliness is used in preparation. But, really, the important thing is to make the tray as attractive and dainty as possible, or the food will not be tempting, no matter how carefully prepared.

The tray should have a fresh, white cover each time it is carried to the sick room, and thin china of a pretty pattern should be used. In the summer time any garden flower, laid on the fresh napkin beside the plate, lends a cheerful note of color to the tray. Always serve small portions, as a large helping does not look appetizing to sick, tired eyes, and be careful in serving liquids not to spill any on the tray cloth or saucer. The one who serves the tray should be neat and clean.

It is those little things that sometimes disgust the invalid with what is put before him. There is a tidy and an untidy way of serving most dishes, too; for instance, in serving a poached egg, have it piping hot and on the toast; not cold, part on the toast and part on the saucer, with the yolk broken. Garnishes of parsley, lemon, etc., stimulate the appetite through the sight.

So each detail should be carried out, and you will find your care and attention rewarded by the invalid's interest in the tray, with its tinkling china and savory dishes. Vitamins are especially

needed by the sick. They must get them every day through natural foods, as fresh fruit, vegetables, milk, eggs, whole grains, or meat.

Invalids should have whole wheat bread, or gluten bread if needed, and should not eat bread less than twenty-four hours old. Toast is very good for most sick people, and should be browned very slowly in order that it may be dried through. It is then partially digested. It should be eaten without soaking.

Broths and soups are much used; oyster soup may be given, as well as gruel made of oatmeal or barley. Soups made of vegetables may be strained and served according to the doctor's orders. Usually the fat in broths should be removed—cool, strain, and re-heat.

Scraped beef is very nutritious, and is served raw or broiled between slices of bread and butter. Baked and broiled fish are generally relished by sick people. Ask the doctor before serving meat or even beef juice.

Soft-boiled and soft-scrambled eggs are quite safe to give, as a rule.

If potatoes are liked, have them baked. Other vegetables may be given, but it is always best to consult the physician before serving things about which one is doubtful. Food that will not be harmful in some cases may be decidedly so in others. Generally, it is best to avoid fried and warmed-over meats, and pork should not be served (except crisp bacon) to the sick. Most light salads, with lemon juice instead of vinegar, may be served to a convalescent that is taking any solid foods.

Avoid unripe fruit. When serving oranges remove the tough part or give only the juice. Baked and stewed apples are to be recommended; usually baked custard, rice, or other puddings. If any stewed berries are to be used, be sure to strain them to remove the seeds for most patients.

Coffee is good to use moderately in malarial troubles, and tea, not very strong, may be used sparingly when the heart is not affected. Milk, when it agrees with the patient, may be given. Lemonade and lemon water ice are very refreshing, and will often be taken when other drinks do not seem tempting.

KOUMISS

This beverage is highly recommended by modern food experts. It combines the rich, nourishing qualities of sweet milk with the healthful action of buttermilk. Koumiss is a form of fermented milk enjoyed by children and adults alike, and especially recommended for those who have difficulty in assimilating milk in its natural state. It is easily prepared as follows:

Heat 2 qts. of milk to blood-heat (100° F.). Add $\frac{1}{2}$ cake of compressed yeast and 2 tablespoons sugar dissolved in a little

warm water. Let stand for two hours, then bottle and stand for six hours in a moderately warm room; then place on ice. Koumiss will keep four or five days if kept cold, but it is better if made fresh every day or two.

SCRAPED BEEF SANDWICHES

First, be sure the patient may have beef in any form. Place a piece of round steak on meat board and scrape out all the pulp with a dull knife; add salt, pepper, and enough raw beef-juice to make it into a firm jelly. Spread on thin slices of stale bread, without butter, unless butter is allowed and preferred. Sometimes the beef may be patted into a cake and slightly broiled. For more attractive sandwiches use two or four slices (one-day-old bread) cut as thin as a wafer, spread the beef on two of the slices, and lay the other slices on top, pressing them down carefully. Cut them into pieces about an inch square. Arrange these tastefully on a fringed napkin or in a pretty little dish.

BEEF JUICE

Use a piece of round, sirloin, or flank steak about 1 inch thick. Broil it eight minutes; then put it on a warm plate and, after cutting it in small pieces, press in a lemon squeezer or a ricer. Add a dash of salt. This may be fed to the patient; bread may be soaked in it; or add a little hot water.

CORNMEAL GRUEL

Mix to a smooth paste 2 tablespoons white cornmeal, 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt, and 3 tablespoons water. When smooth, add $1\frac{1}{2}$ cups milk and $1\frac{1}{2}$ cups boiling water. Cook in a double boiler one and a half hours. Serve with a little light cream.

MUTTON BROTH

Cut 2 or 3 lbs. of lean mutton into small squares, put in 3 qts. of water, cover, and boil slowly two hours; then add $\frac{1}{4}$ cup of rice which has been soaked in warm water enough to cover it, cook slowly an hour longer, stirring from time to time. Strain and thicken with a little flour; salt and pepper to taste.

BEEF BROTH WITH RICE

Dice 1 lb. of good juicy beef, cover it with 1 pt. of cold water, let stand for half an hour, and then heat it slowly. Add $\frac{1}{2}$ teaspoon of salt and the juice of an onion, and cook gently for a half hour. Then add 1 tablespoon of washed rice. Cover and cook gently twenty minutes longer, add, if needed, a little more salt and

a tiny bit of pepper. While the beef is boiling, remove any grease that rests on top, though all fat should have been removed before the meat was cooked. Serve hot with a little rice in the plate.

CELERY BROTH

(Any vegetable may be used the same way)

Put enough well-cleaned celery through the food chopper to make $\frac{1}{2}$ cup. Brown $\frac{1}{2}$ teaspoon of sugar in a small saucepan. Add a few drops onion juice and 1 teaspoon of butter. Stir in the celery, add 1 pt. of boiling water, and simmer thirty minutes. Season with salt and pepper. Stir in 2 tablespoons cream; strain if desired.

CHICKEN CUSTARD

Take $\frac{1}{2}$ cup of strong chicken broth, add $\frac{1}{2}$ cup of milk, 1 slightly beaten egg, salt and pepper to taste. Strain into cups, and bake in hot water.

SAVOURY BEEF TEA CUSTARD

Take a cup of beef tea (or chicken broth). Slightly beat yolks of two eggs, and the white of one, then pour the hot beef tea on the eggs, stirring as it is blended. Add a little pepper and salt, turn into well-buttered small bowl, cover with a buttered paper, stand in a saucepan containing a little boiling water, and bake or steam gently for twenty minutes or till set. When done, turn out carefully and serve hot or cold.

CHICKEN BREAST ON TOAST

Remove the breast meat from a boiled young and tender chicken, without slicing. Place half on a buttered, crustless toast square. Have ready a fine, rich cream sauce, made rather thin, add to it a tablespoon of washed capers, and turn over the chicken. Garnish with fresh sprays of cress. If allowed, a baked potato may be served with the chicken.

CHICKEN BREAST WITH TOMATO SAUCE

For the other half of the breast meat, chop it very fine, then add to it enough of the following sauce to moisten it well. Take a cup of tomato juice and add to it pepper, salt, celery salt, and $\frac{1}{2}$ teaspoon of sugar. Heat, and thicken to the consistency of cold honey with cornstarch dissolved in cold water. When smooth, mix with the chicken, fill buttered ramekins, probably two, and bake in a medium oven ten minutes, or until a delicate brown. Plain boiled macaroni, with a little butter, pepper, and salt on it, may be served with this dish.

EGG IN A NEST

Beat 1 egg white until stiff and dry with a few grains of salt. Pile in a nest on a small plate; place the unbroken egg-yolk in center of the nest, and place in a steamer over boiling water until the egg-white does not cling to the finger when lightly pressed, or place in a slow oven till set.

ORANGE JELLY

Dissolve 1 teaspoon of gelatin in 1 teaspoon of water, standing five minutes. Then add 3 tablespoons of boiling water; when smooth add 2 tablespoons of sugar, 2 tablespoons of orange juice, and 1 teaspoon of lemon juice. Strain when blended through a piece of damp cheese-cloth into a wet mold. Set in a cool place to stiffen. Children are fond of the jelly with or without cream.

GRAHAM CRACKER DESSERT

Roll Graham crackers into crumbs, and line a buttered pie tin with these. Spread a thick filling of mashed applesauce over the crumbs. Cover with more crumbs. Place in oven just long enough to brown, and serve with whipped cream if allowed. Use a pancake turner for removing pieces from the pan.

LEMON JELLY

Soak $\frac{1}{2}$ envelope (1 round tablespoon) gelatine in $\frac{1}{2}$ cup cold water ten minutes, and dissolve in 1 cup boiling water. Add $\frac{1}{3}$ cup sugar, and stir until dissolved; then add $\frac{1}{4}$ cup lemon juice. Strain into mold, first dipped in cold water, and chill. Fruit juices may be used to make a colored jelly, substituting them for hot water. Fruits may be added if desired for a dessert, and vegetables for a salad. Serve the latter on lettuce leaves.

PRUNE CREAM NECTAR

Prune juice and rich milk is a delicious combination. Cover the prunes well with water and soak overnight. Cook slowly until perfectly tender. Drain off the juice and sweeten to taste. Mix with an equal quantity of top milk; chill, and serve.

GRAPE JUICE SPONGE

Soak 1 round teaspoon gelatine in $\frac{1}{3}$ cup grape juice, and place over hot water until gelatine is dissolved. Strain, and when mixture begins to stiffen, add white of an egg beaten until stiff and 2 tablespoons cream beaten until stiff. Turn into a mold, first dipped in cold water, and chill. Remove from mold, and garnish with whipped cream sweetened and flavored with vanilla, if the cream and sugar are allowed.

SCOTCH BEEF BROTH

Remove fat from 1 pt. broth; season; add 1 tablespoon oat-meal; cook one hour.

BEEF TEA

Put 1 lb. minced lean beef and $\frac{1}{4}$ teaspoon salt into 1 pt. cold water. Let stand one hour, then simmer, gently stirring often till meat is white. Cool and strain out beef and hardened fat, or remove fat while hot by using blotting-paper.

EMERGENCY ICE CREAM

Ice cream will often be appreciated by the invalid when everything else is refused. To make quickly, break egg in tin cup or thin bowl, add 2 tablespoons sugar, $\frac{1}{2}$ cup milk, and flavoring; set in a basin containing ice and salt; stir occasionally till it freezes, which will be in a few minutes.

BANANA WHIP

According to an eminent physician, if bananas are beaten with a fork until light, and then served with a little lemon juice and whipped cream or beaten egg-white, they will be digested by most invalids.

INDIVIDUAL FLOATING ISLAND

Scald $\frac{1}{2}$ cup milk in double boiler. Beat 1 egg yolk; add speck of salt and 1 tablespoon sugar; gradually add scalded milk. Put back in upper part of double boiler, and stir until creamy or it coats spoon. Cool and add flavoring. Meringue:

Beat 1 egg white, add speck of salt, 2 tablespoons powdered or 1 tablespoon granulated sugar, flavoring. This may be dropped by spoonfuls on boiling water and cooked one minute on top of stove, or browned a bit in the oven before putting it on top of the cold custard.

EGGNOG

Beat 1 egg, whole or separated, add $\frac{2}{3}$ cup milk, 1 teaspoon sugar, and beat again. Chill or add ice, a bit of nutmeg, 2 drops vanilla, or 1 teaspoon brandy or sherry. For variety add whipped cream or 1 teaspoon cocoa cooked several minutes in 3 tablespoons water, or add 1 teaspoon malted milk. Use more sugar if needed.

CHICKEN SOUFFLÉ

Put $\frac{3}{4}$ cup white meat of boiled chicken through meat grinder, using finest knife; add $\frac{1}{4}$ teaspoon salt, a few grains white pepper, and 1 egg-yolk slightly beaten. Beat until stiff $\frac{1}{2}$ cup heavy cream, also the white of an egg, and fold these into the chicken mixture. Turn into a small, buttered bowl, and bake at 400° F. about fifteen minutes.

REFRESHING LEMONADE

Juice of $\frac{1}{4}$ lemon, 1 teaspoon sugar, 2 tablespoons chipped ice, in a glass water. Grape juice adds nourishment, and a glass spoon adds attractiveness, so does a cherry or bit of sliced lemon. The sugar may be dissolved in a bit of hot water.

HOT LEMONADE

For colds, biliousness, and some headaches. Juice of half or whole lemon, 1 tablespoon sugar (less if possible) in 1 to 2 cups hot water.

EGG LEMONADE

Juice of $\frac{1}{2}$ lemon, 1 glass water, beaten white of egg, 2 teaspoons sugar. Beat or shake thoroughly.

FLAXSEED LEMONADE

Pour 2 cups boiling water over 2 tablespoons whole flaxseed, and simmer an hour. When cool, strain; add juice 2 lemons and 2 tablespoons honey. Fine for coughs and colds.

JELLY WATER

Sour jellies or the canned juices of any fruit make pleasant drinks when sweetened and diluted with water.

ORANGE WHEY

Juice of 1 orange, 1 pt. sweet milk. Heat slowly until curd forms. Strain and cool.

ORANGE ALBUMEN

Juice of a sweet orange beaten with an egg white, yolk, or whole egg, and enough cold water to fill a glass. Sweeten if necessary.

Orange juice may be sweetened with a speck of soda instead of sugar. Stop adding soda when juice almost stops bubbling.

BARLEY WATER

Put 2 tablespoons washed pearl barley in saucepan with 1 pt. water; boil slowly down to $\frac{2}{3}$ pt; strain.

BARLEY JELLY

Wash and soak 2 tablespoons pearl barley in 1 qt. cold water four hours. Cook in same water salted to taste. When reduced to half it is done. Cool after straining and serve with cream.

OATMEAL GRUEL

Put $1\frac{1}{2}$ tablespoons oatmeal in 1 cup boiling water or milk, salted with $\frac{1}{8}$ teaspoon salt. Cook in double boiler one or two hours. Strain.

ARROWROOT GRUEL

Mix 1 teaspoon arrowroot with $\frac{1}{4}$ cup cold milk, and stir into $\frac{3}{4}$ cup boiling milk. Add speck of salt and cook ten minutes. It may be seasoned with wine or vanilla, lemon, cinnamon, or nutmeg, omitting salt. Or use water instead of milk, and add cream.

CRACKER GRUEL

Two tablespoons cracker crumbs, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup boiling water, $\frac{1}{4}$ teaspoon salt.

Put 2 tablespoons cracker crumbs in saucepan, and pour $\frac{1}{2}$ cup boiling water upon them. Stir the mixture until it boils. Add $\frac{1}{2}$ cup milk, $\frac{1}{4}$ teaspoon salt, and continue stirring until the gruel boils again. Serve at once.

For some tastes $\frac{1}{2}$ teaspoon butter is an agreeable addition.

PANADA

Put several crackers and a few raisins in cold water. Bring to a boil, and boil one-half hour. Flavor with wine.

EXCELLENT TONIC

Fresh milk, hot as can be heated without boiling. Drink while hot; a little salt may be added.

CREAM TOAST

Dissolve 1 teaspoon cornstarch in a little cold milk. Stir and slowly add 1 cup boiling milk. Cook a few minutes, watching carefully to prevent scorching. Add 1 tablespoon butter, and salt or sugar to suit taste. If desired, add beaten white of egg and serve hot on crisp, hot buttered toast.

MILK TOAST

Salted hot milk poured over buttered toast. Sugar and cinnamon may be added instead of salt.

INVALID'S PLAIN JELL-O

Whip Jell-O of any color before it "sets" too firm. Pile in stem dessert dish. Turn a mold of set Jell-O out on plate, and cut into cubes to garnish top of whipped Jell-O. Different colors may be used, and cream or fruit may be added. Fruit juice may be used instead of the water in making any jellied desserts.

JUNKET

Put 2 junket tablets and 1 tablespoon cold water into a cup, crush with spoon to dissolve thoroughly. Heat 1 qt. milk to lukewarm (about 98° F.), add 3 tablespoons sugar and 1 teaspoon flavor, or more according to taste, and, if desired, a trifle of one of the junket colors. Add the dissolved junket tablet to the lukewarm milk, and stir it quickly for a moment.

For chocolate junket, boil 1 square chocolate or 2 tablespoons cocoa and 3 tablespoons extra sugar with $\frac{1}{2}$ cup of the milk in the plain recipe, and add to the other ingredients.

Pour at once into junket glasses, and let stand in a warm room until firm (from five to fifteen minutes). Remove carefully, without jarring, to a cold place or the refrigerator, and leave until time to serve. Serve with or without cream, whipped cream, fruit, or fruit sauce. (See Junket Ice Cream and Junket Dessert.)

EGG JUNKET

Two eggs beaten to a froth and sweetened with 3 or 4 teaspoons sugar, then added to 1 cup milk; heat lukewarm. Add 1 teaspoon essence of pepsin (or $\frac{1}{3}$ junket tablet). Stir and pour into sherbet cups, set aside till jellied. Serve cold with cream or fruit sauce. One teaspoon cocoa and 2 teaspoons sugar may be mixed with 2 tablespoons hot water, and added before adding pepsin or junket.

See **Egg** and **Fish** Recipes, also **Beverages**, **Frozen** and **Chilled Desserts**, **Soups**, **Salads**, **Puddings** (especially Tapiocas and Gelatines) for more food for invalids; but use judgment in selecting.

For **diabetic diet**, and other diseases which require special diet, many recipes throughout this volume may be used, especially gluten bread and muffins, most vegetable dishes, salads, fish and egg recipes. In many desserts, levulose powder or a speck of saccharine may be used instead of the sugar, and in gravies or sauces India gum may be used instead of flour for thickening—1 teaspoon gum to 1 cup liquid.

First Aid Materials for the Medicine Cabinet

In every home there should be certain first aid materials and medicines, carefully selected, carefully labeled, and kept in a cabinet made for the purpose. This cabinet should be placed well out of the reach of children. Medicines prescribed by a doctor should be kept here and not left standing around the house; when the special need for which they were prescribed is passed, such medicines should be thrown away.

Some of the things that should be kept in stock are:

First Aid Outfit.—This includes sterilized gauze for wound dressings, adhesive tape and gauze bandages to hold dressings in place, etc. A packet of individual first aid dressings, including small compresses with bandages attached, will be found very useful. Do not use the last bandage without making provision for a renewal of stock.

The best sort of container for such things is a shallow glass jar. Nine times out of ten, the one sent for the needed material is scared or "rattled." The transparency of the jar will give a view of everything it contains. There will be less delay in consequence. Also keep a book or note-book of "*first aid*" instructions with the kit.

Other necessities are: A small package of absorbent cotton, safety-pins (very tiny and larger sizes), a bunch of toothpicks or swab sticks, small scissors, and forceps or tweezers, medicine-dropper, clinical thermometer, syringe, and hot-water bottle.

Alcohol (for rubbing).—Six ounces. Use externally to relieve the pains of sprains, strains, bruises, and to refresh the skin during an illness.

Aromatic Spirits of Ammonia.—Two ounces. One-half teaspoon in a teaspoon or more water for faintness.

Baking Soda.—For indigestion or externally for poison ivy or burns.

Boracic Acid.—Four ounces. Dissolve $2\frac{1}{2}$ teaspoons in a pint of hot (boiled) water and use as an eye-wash. For some skin wounds the powder is sprinkled on lightly.

Carbolated Vaseline or Unguentine.—One tube. For external use, in treatment of burns. Carron oil also is good—equal parts of raw linseed oil and lime-water.

Castor Oil.—Eight ounces. Dose, 1 to 2 tablespoons. For diarrhea or indigestion.

Oil of Cloves.—For toothache.

Tincture of Iodine ($3\frac{1}{2}$ per cent) or **Mercurochrome**.—For wounds.

Zinc Oxide Ointment.—For wounds where skin is removed.

Syrup of Ipecac.—Dose, 1 teaspoon, followed by a drink of warm water, to cause vomiting.

Lysol.—For disinfectant. Used generally as 1 or 2 per cent. solution.

Camphorated Oil.—Applied hot to chest for bronchitis, colds, or coughs.

Epsom Salts.—For colds, hives, etc.

Normal Salt Solution.—For washing wounds. Add 1 teaspoon salt to 1 pt. water; boil five minutes. Keep tightly corked in sterilized bottle.

Approximate Measures

1 cup or drinking glass holds 8
ozs. or $\frac{1}{2}$ pt.

6 teaspoons equal 1 oz.

2 tablespoons equal 1 oz.

60 drops equal 1 teaspoon

1 teaspoon equals 1 dram

Common Emergency Treatments

Every person should be more or less familiar with artificial respiration and many other first aid treatments that cannot be given space here. A Boy Scout handbook or some other reliable book on first aid should be studied by all the members of every household. Many a life has been lost because no one knew what to do for the patient before a doctor arrived; also much suffering might be avoided by simple, immediate treatment. Only a few cases can be considered in this brief space, but the following are some of the more common emergency cases that a mother may be called upon to treat before help arrives.

POISONS AND ANTIDOTES

Ascertain if possible the kind of poison taken. If this cannot be done, give white of egg and milk.

The following list of poisons and antidotes is taken largely from the "Nursery Guide," by Louis W. Sauer, M. D.

In case of accidental poisoning one should do as follows:

1. Send for the physician at once, telling him what was taken.
2. When the poison is not an acid or strong caustic, vomiting should be induced. This may be accomplished by pressing down the tongue with a finger or spoon, or by giving syrup of ipecac in large doses (1 teaspoon or more) as an **emetic**.
3. The poison should be neutralized as soon as possible.
4. Give from 5 to 10 drops of aromatic spirits of ammonia in a tablespoon of water as a stimulant in case of threatened collapse.

While waiting for the doctor a few common poisons could be treated as follows:

POISON.	ANTIDOTE AND TREATMENT.
<i>Acids:</i> Acetic, hydrochloric, sulphuric, nitric.	Baking soda, milk of magnesia, or soap and water, then olive or sweet oil (no emetic).
Carbolic, lysol, etc.	Epsom salt or soap and water (no emetic); externally for burns, 50 per cent alcohol.
Oxalic.	Emetic, then lime-water, chalk, or tooth powder and water.

POISON.	ANTIDOTE AND TREATMENT.
<i>Alcohol</i> (brandy, whisky, etc.).	Emetic, cold douche, enema; apply external heat, friction.
<i>Alkalies</i> (ammonia, caustic).	Vinegar, lemonade, then olive oil or sweet oil (no emetic).
<i>Arsenic</i> (Fowler's solution, Paris green, rat poison, depilatories).	Emetic, milk or white of eggs, then emetic; give arsenic antidote as soon as possible (fresh mixture of tincture of iron and calcined magnesia); laxatives.

Wounds.—Whenever the skin has been broken we call the injury a wound. There are two dangers from wounds—*infection* and *hemorrhage*. In every wound, even the smallest scratch, there is some possibility of infection which may lead to blood poisoning. In larger wounds, especially if they are deep or have bits of clothing, pieces of wood, or dirt in them, infection is more likely to occur and lead to blood poisoning. An infected wound after the first few hours gets red, swollen, and painful; then it should be watched carefully by a physician. If blood poisoning develops, the swelling and pain spreads, and the patient may have chills and fever, and be very seriously sick.

Infection.—Germs are living on our skin, especially the skin of our hands, on clothing, dirty knives, and in water. Among all those germs there may be some that are deadly.

Do not touch a wound with your fingers, though they look clean. Nothing should touch the wound except sterilized gauze, or a piece of clean white cloth which has been sterilized. If there is no such dressing at hand, take a piece of clean cloth and iron it with a hot flat iron for several minutes, or boil it in water for ten minutes, and wring out, being careful. To wash small cuts, use a normal salt solution, or pure soap and clean water which has just been boiled and allowed to cool to a comfortable temperature. Water thus sterilized may be used to wash out any dirt or bits of clothing which may be in a wound. It will make the wound bleed more, which will help to cleanse it. This should be done every day when a simple skinned place is not healing over properly or stays open. Soapy, warm water dropped from a wad of sterilized cotton on to the open wound will wash away dirt or pus and make it heal more rapidly. Cover it with zinc oxide ointment on gauze held in place with adhesive tape. A piece of white stocking often helps to keep the dressing in place on arms or legs.

If you have tincture of iodine (3½ per cent), pour a little into a deep wound, taking up the excess with a piece of sterilized cloth.

Paint the surrounding skin with iodine. Do not use peroxide; if it stands for a time it may even contain germs; its bubbling is not a sign that the wound is being cleansed.

Cover the wound with a sterilized dressing, being sure that nothing has touched the part of the dressing which is to come in contact with the wound. Keep the dressing in place by a bandage or adhesive tape.

All serious wounds should be shown to a doctor as soon as possible.

If a small, deep wound has been caused by a rusty nail, wire, or splinter, try to make the wound bleed by squeezing the surrounding skin (being careful not to touch the wound). The blood will flush out some of the germs which have been carried deep into the tissues. Do not suck such a wound, or try to poke iodine down to the bottom of it—you may do more harm than good. No matter how harmless this kind of wound looks, you should take the patient to a doctor as soon as possible, for there is danger of the deadly tetanus poisoning (lockjaw). This is especially true of Fourth of July injuries on account of the deadly powder used.

Hemorrhage.—There are three kinds of bleeding, depending upon the kind of blood-vessels from which the blood comes. From the fine capillaries the blood oozes slowly, and can be stopped by the pressure of the dressing. This is also the case with all except the largest veins. Arteries remain open, however, and from them a considerable amount of blood will be lost in a short time. This blood is bright red, and is thrown out in spurts with each beat of the heart, while with the veins and capillaries the flow is steady and of a darker color.

If a great deal of blood is being rapidly lost, one is justified in forgetting about infection and putting his finger directly on the bleeding point in the wound, afterward replacing this with enough gauze to maintain the pressure. Arteries are like a hose, and pressure on the hose or artery at any place nearer the source of supply, or the heart, will stop the stream.

Make the pressure first with the fingers; then prepare a tourniquet by folding a towel or handkerchief like a strap. The ends should be tied together so as to encircle the limb; lay a hard pad (stone or darning ball, or make a knot) against the artery above the wound, place the strap against the pad, and exert pressure by placing a stick in the loop and twisting the strap. Loosen in half an hour or sooner, then tighten again if necessary.

Do not give stimulants until the bleeding has been stopped, unless necessary as shown by extreme weakness, pallor, fainting, or gasping for air. Stimulants increase the force and power of the heart, and thus increase the blood-flow, thereby making it more difficult to stop the bleeding.

In abdominal hemorrhage, in typhoid, or in postpartum hem-

orrhage in childbirth, elevate the foot of the bed, keep the patient very quiet, apply cold to the abdomen, and do not fail to call the doctor.

In a hemorrhage from the lungs raise the patient's head and shoulders, apply cold to the chest, and have the patient eat small pieces of cracked ice.

Unconsciousness or Fainting.—Find out if possible the cause of the unconsciousness and call a doctor. Place the unconscious person in a reclining position, with nothing under his head if he is pale, and with his head on a pillow if his face is red. Do not give stimulants if the face is red, or if there is danger of choking. Loosen clothing and give plenty of air. Keep the patient warm, especially if pale, and rub the extremities.

In case of *fits* or *convulsions*, keep the patient as quiet as possible, protect him from injuring himself, and place something in his mouth (a stick) to prevent tongue biting. For small children a warm bath usually is effective in case of convulsions.

Sunstroke.—Usually there is at first a peculiar pain in the head, followed by dizziness, and often loss of consciousness. The skin is dry and hot, face flushed, pulse rapid, breathing deep and labored.

Treatment consists of lowering the temperature of the patient by cold compresses or ice-cap to the head, and by cold packs or cold bath to the body, using constant friction to prevent chilling. The temperature should be taken frequently by rectum, as there might be a sudden drop below normal. If the temperature drops below normal, stimulants might have to be used. A physician should always be called.

Heat Exhaustion.—The face is pale and cold. The patient feels weak and may faint. His pulse is weak and rapid.

Give stimulating treatment. Remove to a cool place. Hold some strong ammonia near the nose. Give a teaspoon of hot coffee, or half teaspoon of aromatic spirits of ammonia in a little water. Rub the skin. Place hot-water bottles at the feet, and cover the body with blankets. If patient does not recover rapidly, send for a doctor.

Apoplexy.—Send for a doctor. Keep the patient lying down, with the head and shoulders slightly raised. Place ice or cold cloths to the patient's head and hot bottles to the feet. Do not give stimulant. The patient's face is flushed, sometimes almost purple, in apoplexy.

Nosebleed.—Put the patient in a chair with head hanging back. Loosen collar and apply cold applications (ice or wet cloths) to the back of the neck. A roll of paper between the gum and the upper lip will help, as will pinching the soft part of the nose. If bleeding continues, you need a doctor or an ambulance at once. While waiting, make a cotton plug and push with the end of a pencil into the nostril from which the blood is coming.

Insect Stings.—If you can see any “stinger” in the flesh, pull it out. Apply ammonia-water and later cloths wet in cold water and baking soda.

Ivy Poisoning.—First wash off with soap and water, then with alcohol. Then a dressing, kept soaked in cold baking-soda solution, bandaged on the affected part will relieve pain and itching and help to prevent the spread of the poisoning to other parts of the body. If you have a bad case of ivy poisoning, consult your doctor.

Bruises.—The pain of severe bruises may be relieved by applying cloths wrung out of cold water or witch hazel.

A *black eye* is a bruise, and should be treated as such with cold applications. If treatment is not begun until the skin has already become black and blue, hot water applications for half an hour three times a day will hasten the disappearance of swelling and discoloration. If the blow was severe, have a doctor examine the eye.

Common Ailments—Home Treatment

Colds.—These are caused by germs that may be spread from one person to another in many ways: Sneezing, coughing, kissing, using public drinking cups, using other people's handkerchiefs, towels, cups, or silver without boiling or sterilizing them.

A cold seldom gets a start in a healthy body that is well fortified with nourishing food, plenty of fresh air, and the right amount of clothing, sleep, rest, and exercise. Colds start when the system is run down, clogged or chilled by exposure, wet feet, or cooling off suddenly in a draft or when perspiring freely.

In the first stages a cold may be stopped by taking 1 or 2 table-spoons of castor oil (1 for children) or salts, plenty of water with an occasional pinch of baking soda. If possible take a hot bath or at least a hot foot-bath, a cup of hot lemonade, and go immediately to bed in a room at moderate temperature with plenty of fresh air. The resulting sweat will be beneficial if chilling is avoided. Rest and light diet are essential in clearing up a cold quickly, also have plenty of sunshine and fresh air. If the throat is sore and there is a sign of fever, a cough, or discomfort in the chest, a doctor should be consulted at once. Diphtheria and pneumonia may start without more warning.

Croup.—In common croup relief may be obtained by applying a cloth wrung out of cold water to the neck and chest and covering this with a dry cloth. Hot applications to the chest and neck or hot steam inhalations are also helpful, but special care must be taken afterward not to expose the patient to cold. Vomiting will often relieve strangling. Tickle the throat about the tonsils with the handle of a spoon to induce vomiting. Syrup of ipecac is frequently used to induce vomiting.

Stomachache.—An enema of hot water will empty the bowel and be likely to relieve the pain. The escape of gas and fecal matter should be accomplished at once.

The old-fashioned remedy for stomachache is essence of peppermint. A few drops in a glass of hot water may relieve the suffering.

The most reliable remedy is bicarbonate of soda, a teaspoon in a half glass of warm water. This may be followed by the peppermint solution.

If the pain continues call your doctor.

Constipation.—This can, in the great majority of cases, be cured if you will faithfully carry out the following directions:

Do not get into the habit of taking cathartics. The movements which result from them are abnormal.

Have a regular time for your bowel movement every day. Go to the toilet after breakfast and remain for ten minutes, not straining, but giving your bowels a chance to act.

Drink plenty of water, gradually reaching 2 glasses of hot or cold water on rising. Try to drink 6 or 8 glasses a day.

Avoid tea, boiled milk, cocoa, and cheese. Eat plenty of foods which have some bulk, such as coarse cereals, bran, whole wheat or rye bread, green vegetables, and fruits. Cream, olive oil, prunes, figs, and dates are helpful.

Get sufficient sleep and exercise.

If constipation is not cured by these methods, consult your doctor.

Heartburn.—This is a name for a burning sensation in the chest which comes on from ten minutes to an hour after taking food. It has nothing to do with the heart, but is due to a disturbance in the digestive juices of the stomach. It may often be relieved by $\frac{1}{2}$ teaspoon of baking soda in water. Avoid tea, coffee, and spices. If you have heartburn frequently, consult your doctor. In pregnancy the dose of soda may be taken before rising and before meals for several days at a time.

Contagious diseases or serious ailments, such as typhoid fever, tuberculosis, Bright's disease, diabetes, etc., need special care and diet prescribed by the physician for each case on account of the importance of changing the diet in the different stages of the disease.

However, the general hints for home nursing and many recipes throughout this volume may be used in all kinds of illness.

Usually the **diabetic** may have gluten bread, diabetic macaroni, most vegetables except potatoes, and fruits, eggs, fish, chicken, and crisp bacon. Starches and sugars must be avoided. Saccharine and levulose are sometimes used in very small quantities for sweetening. (See Gluten Bread.) For diabetic salad dressing substitute mineral oil and omit the sugar in Plain French Dressing and Plain Mayonnaise. The following is a recipe for diabetic gravy usually allowed by physicians:

DIABETIC GRAVY

Pour off most of the fat as usual. To 3 tablespoons of fat or drippings add 1 cup of boiling water, blend, and thicken with 1 teaspoon of India gum dissolved in a little cold water. Add salt and pepper to taste.

Beverages

Note: To calculate the number of persons a certain beverage can serve, count the cups of liquid in the recipe, then add about one-half the sum, because cups are served only two-thirds full. (1 qt. serves 6 cups).

Coffee Hints.—One gal. coffee serves 24 average cups two-thirds full.

One tablespoon ground coffee makes 1 cup of the beverage.

One lb. ground coffee serves about 40 to 45 cups.

One scant pt. cream (or part whole milk) is enough for 1 gal. of coffee.

Freshly roasted coffee has the most flavor, therefore select a coffee that is packed in air-tight or vacuum sealed cans. The coffee beans should be crisp. If they are rubbery from exposure to the air they will make poor coffee, unless the beans are heated in a pan over a flame and shaken continuously until their crispness is restored.

Coffee should be ground only as used, and the finer the grind, the richer the flavor and the less time necessary.

Coffee is adulterated sometimes with beans, cereals, or chicory. If water is added to supposed coffee when chicory is present the liquid will be discolored quickly and the chicory will sink. Pure coffee (unground) will float.

When coffee and scalded milk are served in equal proportions, it is called *Café au lait*. Coffee served with whipped cream is called *Vienna coffee*. Strong coffee without cream is called *Café Noir*.

Egg-shells may be saved and used for clearing coffee. Three egg-shells are sufficient for $\frac{1}{2}$ lb. of coffee.

Boiled Coffee (1 cup).—One heaping tablespoon ground coffee to $1\frac{1}{4}$ cups fresh boiling water. Mix the coffee with a clean egg-shell and a little cold water, and place in a well-aired coffee pot. Add the fresh boiling water, and boil three minutes. Let stand where it will keep hot five to eight minutes. Add $\frac{1}{4}$ cup cold water.

Boiled Coffee (10 cups).—To make really delicious boiled coffee use: 1 cup coffee, 1 egg, 1 cup cold water, 6 cups boiling water. Beat the egg slightly and dilute with half of the cold water, reserving the other half for clearing the coffee. Mix coffee and egg, turn into the coffee pot and pour on boiling water, stirring thoroughly. Boil exactly three minutes, no more, and be sure that coffee is boiling during that time. Do not allow steam to escape, for the tempting coffee aroma goes with it. Let settle several minutes; add $\frac{1}{2}$ cup cold water and strain. Use rich cream.

Drip Coffee.—This is made by pouring fresh boiling water into a container above the ground coffee and allowing it to drip slowly through the coffee into the pot below. As soon as the boiling water leaves the heat its temperature drops somewhat below the boiling point very quickly. Water just below the boiling point makes the best drip coffee. Its power of extraction is greater than boiling water. Thus it produces a stronger beverage, but not so much tannin. Therefore the infusion is mild and not bitter.

Percolator Coffee.—In making percolator coffee no egg is used. For small amounts use 1 tablespoon per cup and add one for the pot. Add cold water and bring to a boil; let it “perc,” not really “boil” from three to six minutes. If the stream becomes frothy remove the heat.

Coffee for 50 Persons.—Mix $1\frac{1}{2}$ lbs. medium ground coffee with 1 or 2 slightly beaten eggs and enough cold water to moisten. Pack loosely into one or two cheese-cloth bags and drop into $2\frac{1}{2}$ gallons fresh boiling water. Keep just below boiling point twenty-five minutes, then boil five minutes. Remove bags, add a pinch of salt and 1 pt. cold water, and serve. This allows 60 cups and requires about $2\frac{1}{2}$ pts. cream.

Coffee for 100 Persons.—Follow directions above for Coffee for 50 Persons, using 5 gals. water and add another $1\frac{1}{2}$ lbs. coffee after the first bags are removed. Boil ten minutes more, then add the cold water and just keep hot (without boiling) till served.

Tea Hints.—One teaspoon tea leaves makes 1 cup strong tea or 2 cups weak tea.

One lb. tea leaves makes about 275 cups of average tea.

There are two general classes of tea—green and black; the difference being due to the process of curing and not the source of supply. Both come from the same stalk.

Green tea is made by steaming and drying, but for black tea the leaf is fermented before drying.

“Pekoe,” made from the tips of young shoots, are the most delicate and expensive teas.

Water which has been boiled a long time will not produce tea of good flavor because the “air” is gone.

The caffein and flavoring substance in tea leaves are quickly extracted by boiling water, while the tannin is extracted slowly.

Tea should not be allowed to “steep” or “brew” for more than three to five minutes because steeping extracts the tannin.

Tea (2 cups).—Two cups fresh boiling water poured on 1 teaspoon tea in earthen pot. Cover five minutes. Strain and serve with lemon slices, cream, or mint.

New Iced Tea.—Make the tea in the usual way, sweetening it only slightly. Chill and pour into iced tea glasses. To each glass add a heaping tablespoon lemon ice. This takes the place of the usual lemon, sugar, and cracked ice, and is most attractive.

Russian Tea.—One tablespoon tea, 1 cup boiling water, loaf sugar, 1 teaspoon preserved cherries, lemon slices, and mint leaves.

Russian tea is made and served in dining or drawing room. The water is kept hot in a samovar and a strong tea is steeped in an earthenware teapot. Pour the cup of boiling water over the tea, let stand three minutes. Fill teapot full of boiling water, let stand five minutes. In serving, pour into each cup $\frac{1}{4}$ to $\frac{1}{2}$ cup of tea. Fill cup with hot water from samovar. The tea may be served hot or cold; lemon, a cherry, or mint leaf with each cup.

Cocoa and Chocolate Hints.—Use 1 teaspoon cocoa and 1 round teaspoon sugar for each cup of cocoa.

One-half lb. cocoa with 3 cups sugar makes 50 cups.

One square chocolate makes 6 cups.

Cocoa (1 cup).—Mix 1 teaspoon cocoa with 1 teaspoon sugar. Add enough water for thin paste. Boil two minutes and add 1 cup hot rich milk. Beat to keep scum from forming. Add a drop of vanilla and a marshmallow or spoon of whipped cream.

Cocoa (6 cups).—Three tablespoons cocoa, 3 or 4 tablespoons sugar, 1 cup water. Make as above, using 3 cups milk, $\frac{1}{4}$ teaspoon vanilla, and whipped cream or marshmallow for each cup. For weaker beverage, use 2 tablespoons cocoa.

Hershey's Cocoa for 50 Persons.— $\frac{1}{2}$ lb. cocoa, 3 cups sugar, pinch of salt, 3 qts. water. Simmer fifteen minutes. Add 6 qts. rich milk, 1 teaspoon vanilla. Finish as above.

Chocolate (6 cups).—Mix 3 tablespoons sugar, $\frac{1}{2}$ teaspoon cornstarch, add 1 cup hot milk, 2 oz. (square) chocolate, cook three minutes and add 3 cups hot milk, speck of salt, drop of vanilla, and beat. Serve with 6 teaspoons whipped cream or marshmallows.

Egg Cocoa (1 cup).—Add 1 cup hot cocoa to beaten egg very gradually.

Cocoa Syrup for 25 Persons.—Keep a supply of bottled cocoa syrup on your pantry shelf. *Hot cocoa* for breakfast then means merely adding hot milk to a large spoonful of syrup in the cup; a glass of *frosted chocolate* is quickly made by adding cold milk to the desired amount of syrup and stirring in a teaspoonful of chocolate or vanilla ice cream. *Cottage pudding* with hot chocolate sauce is quickly made.

The syrup is made by mixing 1 cup cocoa, $\frac{1}{2}$ teaspoon salt, and 1 cup sugar. Add 1 cup of water and boil until it is of the consistency of maple syrup. This will furnish approximately 25 cups of breakfast cocoa, allowing 1 tablespoon of syrup to the cup. One tablespoon or more malted milk may be added to a cup of hot or cold cocoa; especially good for underweight children. Whipped cream and cracked ice make other variations.

Chocolate Syrup.—One square bitter chocolate, 2 heaping tablespoons sugar (more if liked sweeter), few grains salt; boil five minutes with 1 cup water. Chill and use for various drinks.

Chocolate Malted Milk (2 cups).—Two tablespoons chocolate syrup, 1 teaspoon malted milk, 1 beaten egg, $1\frac{1}{2}$ cups milk. Beat and chill.

Iced Chocolate.—Two tablespoons chocolate syrup. Fill glass with milk and add a few drops of vanilla, cracked ice, and whipped cream.

Cocoa Malted Milk.—One teaspoon malted milk powder, 1 teaspoon sugar—more can be used if desired—and about 1 teaspoon cocoa. To this mixture add a sufficient amount of boiling water to dissolve. If the water is not very hot the powder will form lumps. Fill the glass with milk. Serve hot or chilled.

Maple Egg.—Beat an egg until foamy and add gradually 2 tablespoons of ice-cold maple syrup. Stir in $\frac{1}{2}$ cup of rich milk. Pile whipped cream over the top and sprinkle with chipped maple sugar. Serve with a small, pretty spray of maple leaves on each plate.

Egg-orangeade.—Beat separately the white and the yolk of a fresh egg. Add gradually to the yolk the juice of an orange, then add the beaten white and whip to a creamy froth. Fill a glass about one-third full of the orange mixture, then add rich, cold milk and serve immediately.

Buttercup.—Beat 1 egg separately. To yolk add 2 tablespoons sugar, 1 cup water, 2 tablespoons lemon juice, a bit of grated rind, a drop or two of vanilla, a tablespoon whipped cream, the beaten white, and a dash of nutmeg on top.

Milk Shake.—One cup milk, speck cinnamon, $\frac{1}{2}$ teaspoon sugar, 3 drops vanilla. Mix thoroughly, using shaker. Ice cream or an egg or 1 teaspoon malted milk or chocolate syrup may be added.

Egg Milk Shake.—Beat 1 egg with 1 teaspoon sugar for each person, add $\frac{2}{3}$ goblet shaved ice and milk, shake thoroughly until the ice is nearly melted. When ready to serve grate nutmeg over the top.

Orange Fizz.—To the yolk of 1 egg add 2 tablespoons of confectioners' sugar, the juice of $\frac{1}{2}$ orange, and $\frac{1}{2}$ glass of milk. Shake well with chopped ice and fill the glass with carbonated water.

Grape Eggnog.—Beat very light a fresh, raw egg, add half a glass of grape juice, and beat again. Fill the glass with cream, beat thoroughly, and sweeten if desired. Serve with dainty wafers.

Prune Cream.—Add cream or rich milk to the sweetened chilled juice of stewed prunes.

Grape Shake.—Beat 1 whole egg very smoothly, add slowly $\frac{1}{2}$ cup of cream, 1 teaspoon of sugar, and fill with ice-cold grape juice.

Lime Ginger Ale.—Four limes, 1 cup sugar, 2 cups water, 1 bottle ginger ale. Mix juices of limes with a syrup made of the

sugar and water boiled together. Just before serving add 1 pt. cracked ice and the ginger ale. Serve in club coffee pot.

Grape High Ball.—One pt. grape juice, loganberry or other fruit juice, 1 pt. ginger ale, juice of 2 lemons. Sweeten if necessary.

Brown Float.—Put a heaping tablespoon or scoop of ice cream in a glass. Fill glass with root beer and stir well.

Iced Drink Supplies.—On your emergency shelf in the ice-box keep at least one bottle of grape juice, ginger ale, carbonated water, plain sugar syrup, any other fruit syrups or juices that might accumulate, 1 can crushed pineapple, a glass of currant jelly and one of mint syrup or jelly, a bottle of maraschino cherries and possibly strawberry preserves, and a bit of candied fruit or peel.

Any left-over syrups or juices from canned fruit should be bottled and saved for drinks. Bits of jelly can be dissolved and used in drinks.

Iced Drink Garnishes.—Shredded cocoanut, berries, cherries, grapes, sliced lemon, and any other sliced fruits, candied peel, mint leaves or rose petals, jelly or gelatines, maraschino cherries sliced, or cut and spread like a flower, whipped cream, beaten egg white, and watermelon or cantaloupe cut into tiny balls with a vegetable cutter.

Sugar Syrup.—Boil 4 cups sugar with 2 cups water for five minutes. This gives a better flavor than raw sugar and saves waste or endless stirring. Keep in tight jar to prevent crystallization; 1 tablespoon corn syrup also helps to prevent crystallization.

Lemonade Hints.—One large lemon makes 3 glasses of lemonade. Part of the sliced rind should be added for flavor.

Sugar for lemonade should be dissolved in hot water or made into a syrup. One-half tablespoon sugar is enough for 1 glass. The benefit derived from fruit juices can be counteracted by excessive sugar used for sweetening. Use as little sugar as possible.

Six large lemons usually require about 1 scant cup of sugar. If lemons are heated or sliced thin and stomped well with a wooden potato masher they yield almost twice as much flavor as when squeezed.

Lemon Syrup.—One qt. water, 2 cups sugar; boil ten minutes, and add $\frac{3}{4}$ cup lemon juice (4 large lemons). Dilute to taste with water or other fruit juice as desired.

Lemonade (1 cup).—One-third large lemon, 1 round teaspoon sugar (or enough syrup to suit taste, about 1 tablespoon), 2 tablespoons chipped ice. Fill glass with cold water and add several slices of rind.

Lemonade with Orange and Cinnamon.—Peel an orange and a lemon very thinly; avoid all the white skin. Cut peels into

fine strips, put them into a bowl and pour on them 3 cups of fast boiling water. Let stand till it is cold. Then squeeze into it the juice of two lemons and three oranges. Put one stick of cinnamon and $\frac{5}{8}$ cup white sugar into a pan, pour 4 cups boiling water on them, and stir till the sugar is melted. Then add the orange and lemon mixture. Strain all together through muslin, and when it is cold serve it with ice. Keep a few of the little bits of peel to float in it. The cinnamon is allowed to remain in the drink just for a few minutes, so the flavor is very slight.

Lemonade and Variations (18 glasses).—Juice of 6 lemons, $\frac{3}{4}$ to 1 cup sugar, 6 cups cold water. Add any of the following: 2 cups fruit juice—orange, berry, pineapple, prune, or grape; 2 cups crushed peaches, strawberries, raspberries, or cherries; 1 qt. cold tea or sweetened rhubarb juice; maraschino cherries or mint leaves. Add ice and more sugar if necessary.

Fruit-ade.—Lemon or orange juice may be added to grape juice, making a refreshing drink. The juice of raspberries and currants may be combined, sweetened, and diluted with cold water. Rhubarb juice adds quantity without changing flavors of other fruit juices.

Pineapple Lemonade.—One cup sugar, $\frac{1}{2}$ cup water; boil and cool; 1 small can grated pineapple, juice of 4 lemons, 6 cups cold water, and a bit of chipped ice.

Strawberry Punch (40 glasses).—Four cups strawberry juice, 1 cup water, 1 cup strong tea chilled, 6 lemons (juice only), 6 oranges, 1 cup pineapple juice, 2 cups sugar. Boil water and sugar fifteen minutes. Remove from fire, add lemon and orange juice. Let stand until cold. Add all other ingredients. Strain. Add 4 qts. ice water. Place in punchbowl with a piece of ice.

Mint Syrup.—One bunch mint, $\frac{1}{2}$ cup sugar, 1 cup water, juice 3 lemons, green color paste.

Reserve tips and remove leaves from mint. Cut in fine bits with scissors and add to a syrup made by cooking water and sugar five minutes. Let stand until cool, add lemon juice, squeeze through cheese-cloth, and add color paste to make a vivid green. Put a tiny sprig of mint in each glass of hot or iced tea and pass mint syrup separately.

Mint Julep.—Squeeze the juice from 5 lemons, add a bunch of slightly bruised mint leaves, $\frac{3}{4}$ cup of sugar, and 1 cup of hot water. Strain and add 3 qts. of chilled ginger ale. Serve at once, garnished with mint leaves.

Mint-ade.—One cup pineapple juice, 1 cup orange juice, 7 lemons, 2 cups sugar, $\frac{1}{2}$ cup mint leaves. Bruise the mint leaves with 1 cup sugar. Boil the other cup of sugar with water ten minutes. Add the mint and simmer three minutes. Strain, cool, add the fruit juices, 1 gal. water, and another quart of water if

the drink is not diluted enough. Garnish with thin slices of lemon and oranges, and sprigs of mint. Grape juice may be added.

Rhubarb Syrup.—Two quarts fresh rhubarb, cut fine, 2 lbs. granulated sugar. Wash but do not skin the rhubarb, which is cut into 1 or 2-inch pieces, and put it into an un-chipped kettle over a slow fire. Then add 1 lb. granulated sugar, and simmer slowly for twenty minutes. Strain the rhubarb through a strainer; add the other pound of sugar, and boil rapidly for fifteen minutes. Rhubarb syrup is excellent for frozen sherbet, and takes the flavor of other juices in punch.

Rhubarb Punch.—Cook 1 qt. rhubarb cut in small pieces with 3 pts. water until fruit is soft. Squeeze through double thickness of cheesecloth, add $1\frac{1}{2}$ cups sugar, stir until sugar is dissolved, bring to boiling-point, cool, add $\frac{1}{3}$ cup orange juice, 4 tablespoons lemon juice, and a few grains salt. Just before serving add 1 pint White Rock or effervescing water. Serve with sprig of mint in each glass.

Note: One and a half lbs. rhubarb will yield 1 qt. when cleaned and cut into pieces.

Fruit Punch Combinations ($2\frac{1}{2}$ Qts.)—

Foundation for Punch:

$\frac{1}{2}$ cup lemon juice	Grated rind of 1 lemon
1 cup orange juice	1 qt. water
Grated rind of $\frac{1}{2}$ orange	1 cup sugar

Cook sugar and water for three minutes, cool, and add any of the following combinations:

No. 1—One qt. ginger ale; $\frac{1}{4}$ cup preserved ginger, cut fine.

No. 2—One qt. tea; $\frac{1}{2}$ cup maraschino cherries, cut fine.

No. 3—Two cups grated pineapple; 1 pt. charged water.

No. 4—One qt. loganberry juice; sugar to sweeten.

No. 5—One pt. raspberry juice; 1 pt. charged water.

No. 6—One glass of currant jelly dissolved in 1 cup of hot water; cool, and add $\frac{1}{4}$ cup mint, finely minced, and add 2 cups water with 1 more lemon. Garnish with mint sprays.

Pineapple Punch (for 25 Persons)—

2 cups sugar and 3 cups water	1 can crushed pineapple
boiled five minutes	6 lemons (juice and grated rind)
2 tablespoons black tea steeped fifteen minutes in 1 qt. boiling water. Strain and add to the syrup	5 oranges
	1 pt. fruit juice (grape, mixed, or Jell-O)
1 qt. berries, cherries, or mixture, canned or fresh	

Into the bottom of the punch bowl put $\frac{1}{2}$ pt. mint leaves, a block of ice, and the cold fruits and juices, and plain or bottled water about 3 qts.; to make at least 6 qts. of punch.

Wisconsin Punch (80 Punch Glasses)—

12 lemons	1 qt. water
3 oranges	3 qts. grape juice (or part
2-lb. can crushed pineapple	cherry)
2 cups sugar	3 qts. charged water

Boil the sugar and the quart of water to a thin syrup, cool, and add other ingredients and a large block of ice—3 lbs. or more.

Cranberry Punch (1 Gal.)—

1 qt. cranberries	Juice of 2 oranges
2 cups sugar	Juice of 2 lemons
4 cups water	2 qts. charged water

Cook berries in water until soft. Strain through jelly bag until dry, add sugar, bring to boiling-point, add lemon and orange juice. Place in punch bowl over block of ice. Pour in the charged water and serve.

Christmas Punch for 8 Persons.—Four oranges, $2\frac{1}{2}$ lemons, 1 qt. water, 1 cup sugar, $1\frac{1}{2}$ cups loganberry juice, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ pt. ginger ale, ice, and water. Garnish bowl or glasses with mint leaves and chopped red and green maraschino cherries.

Punch for 100 Persons.—Three dozen lemons, 2 doz. oranges, 3 small cans crushed pineapple, 3 small bottles cherries, about 4 lbs. sugar, water and ice to almost fill 5-gal. jar. The sugar should be made into a syrup before using.

Tea Punch.—Make a strong tea, but let it steep only four minutes, otherwise it will become cloudy. Add one-third as much lemon juice as tea, with sugar to sweeten. Keep very cold, and when serving add one bottle of ginger ale for each quart.

Grape Nectar for 30 Persons.—To 1 cup sugar add $\frac{1}{4}$ cup finely divided lemon peel, and let stand for two hours. When the sugar has extracted the juice and flavor from the lemon peel, squeeze through a press or cloth and add to the juice of $1\frac{1}{2}$ dozen lemons, diluting the lemon juice with an equal amount of ice water. Add 1 pt. of unfermented grape juice, and 1 can of pineapple cut in cubes, and 3 cups sugar. Allow to stand two or three hours before serving, so that the different juices have thoroughly blended. Then strain, and add ice water to make $1\frac{1}{2}$ gallons.

Grape-ade.—Three-fourths cup of sugar syrup, 2 cups of grape juice, juice of 3 lemons, 3 cups of water, cubes of ice.

Mix syrup, lemon juice, grape juice, water, and dilute to taste.

Silver Fizz.—To the beaten white of 1 egg, add 2 teaspoons of confectioners' sugar, and 1 tablespoon of lemon juice. Mix well, and fill the glass with carbonated water.

Banana Float.—Mash 3 ripe bananas with the juice of 1 lemon and 1 cup of sugar. Add this gradually to 2 cups of whipped cream. Put a few spoons of this into each glass and fill it with ice-cold orange juice or pineapple juice.

Lemon Fizz.—Put a scoop of lemon ice in a glass, and fill glass with ginger ale. Serve with spoon and straw.

Strawberry Nectar.—To 1 qt. mashed strawberries add 1 lemon, 2 tablespoons orange juice, and 3 pts. water; let stand three hours, strain into $1\frac{1}{2}$ cups powdered sugar. Stir until dissolved. Serve ice cold.

Home Made Soda Fountain Drinks.—One and a half oz. tartaric acid added to a quart of fruit juice—raspberry, strawberry, currant, or orange—with 1 lb. of sugar, and all boiled together about ten minutes to form a syrup, make the basic compound. This should be cooled, bottled, and sealed. When desired, fill a tumbler two-thirds full of very cold water, and add 2 tablespoons of the fruit syrup, then stir in briskly $\frac{1}{4}$ teaspoon of bicarbonate of soda. Add ice if desired very cold. Serve at once.

Raspberry Shrub.—Two qts. berries, 1 pt. vinegar. Let stand four days. Crush and strain. To each cup add 1 cup sugar. Boil twenty minutes and bottle or chill. Before serving dilute with ice water to suit taste.

Cherry Vinegar.—There are few drinks more refreshing than that made from $\frac{1}{2}$ inch of cherry vinegar in the bottom of a tumbler into which ice water is poured and stirred until the glass is full. To prepare this vinegar, cover any sour red cherries with good cider vinegar, in a wooden or earthen vessel. Bruise and stir at intervals for four days. To every pint of strained juice add 1 lb. sugar. Boil fifteen minutes; skim. Keep in well-corked bottles.

Root Beer—

1 cake compressed yeast	5 gals. fresh water, not too cold
1 bottle root beer extract	4 lbs. granulated sugar

In extremely hot weather use $\frac{1}{2}$ cake of yeast.

Dissolve the sugar in the water, add the extract, then the yeast thoroughly dissolved in a little water, mix well, and bottle immediately, using strong bottles or jugs, and tie the corks in securely. Set in a warm place thirty-six to forty-eight hours; in cold weather, a little longer. Then remove to cellar or other place of even temperature, but do not put it on ice until a few hours before using.

Dandelion Wine.—Use only fresh blossoms and carefully remove all stems, as otherwise the wine will be extremely bitter. To every quart of blossoms, well packed but not crushed, add 2 sliced lemons, 2 sliced oranges, and 1 qt. of boiling water. Allow this mixture to stand for twenty-four hours; then drain off all the juice. For every qt. of juice obtained add a cup of granulated sugar. Pour the sweetened juice into jars, and stand them in granite pans or similar receptacles. Allow the jars to stand until all fermentation ceases. Each morning it will be found that fermentation has caused

the jars to run over, but that the liquid does not stand at the top. With the contents of one jar fill the others level full each morning. After all fermentation ceases empty the wine out, wash the jars in hot water, put the rubbers in place, refill the jars to overflowing, and seal them. This makes a very mild wine.

Lemon Pop—

$\frac{1}{2}$ cake compressed yeast	8 qts. boiling water
2 lbs. granulated sugar	2 oz. cream of tartar
2 oz. ginger root	Juice of 7 lemons

Place ginger root (crushed) in pot, add sugar and boiling water, lemon juice, and cream of tartar. Let stand until lukewarm, then add yeast dissolved in $\frac{1}{2}$ cup water; stir well. Cover and let stand eight hours in a warm room; strain through flannel bag and bottle. Set bottles in a *cool* place, and put on ice as required for use.

This is a most refreshing summer beverage.

Soups

Soups are divided into two classes: Soups with stock; soups without stock, usually called cream soups.

Soups with stock have for their basis beef, veal, mutton, fish, poultry, or game, separately or in combination. They are classified as:

White soup stock, made from chicken or knuckle veal, with delicate seasonings.

Brown soup stock, made from beef, highly seasoned with vegetables, spices, and sweet herbs. See recipes for Brown Soup Stock.

Bouillon, made from lean beef, delicately seasoned, and usually cleared. Exception, clam bouillon. See recipe.

Consommé, usually made from two or three kinds of meat (beef, veal, and fowl being used), highly seasoned with vegetables, spices, and sweet herbs. Always served clear.

Lamb stock, delicately seasoned, is served as mutton broth also.

Soups without stock are classified as:

Cream soups, made of vegetables or fish, with milk, and seasonings. Always thickened to keep them from separating.

Purées, made from vegetables or fish, forced through a strainer, and retained in broth, soup, or milk, and seasonings. Generally thicker than cream soup. Sometimes white stock is added.

Bisques, generally made from shell-fish, milk, and seasonings, and served with fish dice; made similarly to purées. They may be made of meat or vegetables, with small dice of the same.

GARNISHES for SOUP

Parsley, cress, paprika, whipped cream, beaten egg white, puffed cereals, puffed crackers, tapioca, tiny meat balls, dumplings, and quenelles.

Quenelles are small balls of forcemeat (dressing) cooked in boiling water or stock.

Tapioca Garnish.—Soak $\frac{1}{4}$ cup pearl tapioca overnight in cold water. Drain and cook in boiling salted water until transparent. Drain and add to soup. If used as thickening it is not drained and may be cooked in the soup.

ACCOMPANIMENTS for SOUP

CROUTONS

Toasted.—Cut stale bread into cubes, place in pan, and brown in the oven; or butter the bread, cut into cubes, and then brown the same way.

Fried.—Cook small cubes of stale bread in deep hot fat until brown, or cook them in a little butter or fat in a hot spider until brown.

CRISPED CRACKERS

Split common crackers, place in pan in hot oven a few moments to heat through and freshen or crisp; or spread with soft butter and place in pan, in a hot oven, a few moments with butter side up, until delicately browned.

PUFFED CRACKERS

Split crackers in halves and soak in iced or very cold water for twelve minutes, having the water cover the crackers. Drain, dot with butter, sprinkle sparingly with paprika, and brown in a hot oven. It requires about thirty minutes to puff and brown the crackers properly.

CHEESE STICKS

Cut bread sticks, spread with butter, sprinkle with cheese, and bake a few minutes, till cheese melts.

ROLLED TOAST STICKS

Remove end slice from a fresh loaf of bread. Spread generously with creamed or washed butter. Cut crosswise into very thin slices. Spread each slice before cutting. Remove crusts.

Lay slice on a damp cloth and, beginning at one corner, roll well to opposite corner, putting on an extra bit of butter at end to fasten well. Place rolls in shallow pan, put under hot flame, turning the rolls until evenly toasted and brown.

HOMINY CROUTONS

Pack hominy mush in buttered $\frac{1}{4}$ -lb. baking powder box. When cold, remove from box, cut in $\frac{1}{4}$ -inch slices; cut slices in $\frac{1}{4}$ -inch cubes. Dip in fine crumbs, egg, and crumbs, and fry in deep fat.

THICKENING SOUPS OR STOCK

Flour, cornstarch, arrowroot, pearl barley, sago, vermicelli, bread, tapioca, rice, egg, and cooked oatmeal or other cereals may be added for thickening or extra nourishment. They should be

carefully blended with butter or cool liquid before adding to the hot soup.

Cream soups are thickened with equal parts of flour and butter, well blended, or with a thin mixture of flour and rich milk.

CLEARING STOCK

Remove the layer of fat from cooled stock. Allow the white and crumbled shell of 1 egg for each quart of stock. Beat egg white slightly, and add 2 teaspoons cold water to each egg used. Add to stock, and stir constantly till boiling point is reached. Boil two minutes, then set aside to cool without stirring for twenty minutes. Strain through double cheesecloth placed in a strainer. Seasoning should be done before clearing.

BROWN SOUP STOCK

For rich brown stock a shin of beef is best, although brisket, neck, shank, chuck, etc., may be used. To obtain proper proportions of juices, salts, gelatin, and mineral matter allow two-thirds lean meat to one-third bone, fat, and tendons combined.

Allow a scant quart of water and 1 teaspoon salt for each pound of lean meat, as follows:

2 lbs. bone and meat	1 onion, minced
2 qts. cold water or liquor	$\frac{1}{4}$ bay leaf
from cooked vegetables	3 cloves, if desired
$\frac{1}{8}$ cup diced carrots	1 sprig parsley
$\frac{1}{8}$ cup diced turnips	2 teaspoons salt
$\frac{1}{8}$ cup diced celery	Few grains pepper

Cut lean meat in 1-inch cubes, so a large amount of surface is exposed to the water, and juices are more easily drawn out. Heat frying pan; remove marrow from marrow-bone, and use enough fat to brown one-third of the lean meat, stirring constantly, thus preventing escape of juices, sacrificing a certain amount of goodness in the stock to give additional color and flavor. Put fat, bone, and remaining lean meat in soup kettle; *cover with cold water*. Let stand one hour, that cold water may draw out juices from meat. Add browned meat, taking water from soup kettle to rinse out frying pan, that none of the coloring may be lost. Heat gradually to boiling-point, and cook six or seven hours at low temperature. A scum will rise on the top which contains coagulated albuminous juices; these give to soup its chief nutritive value; many, however, prefer a clear soup, and have them removed. If allowed to remain, when straining a large part will pass through strainer. Vegetables, spices, and salt should be added the last hour of cooking.

CONSOMMÉ

3 lbs. beef, poorer part of round	2 tablespoons butter
1 lb. marrow-bone	1 tablespoon salt
3 lbs. knuckle of veal	1 teaspoon peppercorns
1 qt. chicken stock	4 cloves
Carrot	3 sprigs thyme
Turnip	1 sprig marjoram
Celery	2 sprigs parsley
} $\frac{1}{3}$ cup each, cut in dice	$\frac{1}{2}$ bay leaf
	$\frac{1}{3}$ cup sliced onion
	3 qts. cold water

Cut beef in $1\frac{1}{2}$ -inch cubes, and brown one-half in some of the marrow from marrow-bone; put remaining half in kettle with cold water, add veal cut in pieces, browned meat, and bones. Let stand one-half hour. Heat slowly to boiling point, and let simmer three hours, removing scum as it forms on top of kettle. Add 1 qt. liquor in which a fowl was cooked, and simmer two hours. Cook carrot, turnip, onion, and celery in butter five minutes; then add to soup, with remaining seasonings. Cook one and one-half hours, strain, cook quickly, remove fat, and clear.

BOUILLON

To a large shin of beef, cut in small pieces, allow 3 qts. cold water. Let come to a boil quickly, taking off the scum as it rises, then add 1 onion and 1 tablespoon salt. Simmer slowly about four hours. A head of celery improves the flavor. It is clearer, and fat is easier removed if made day before using. Strain and clear if desired.

TURTLE SOUP

Have a fish merchant clean the turtle after he has killed it by throwing it into boiling water. Cut the turtle into neat dice, sprinkle with salt, pepper, onion juice, a dash of kitchen bouquet, and 1 tablespoon of mushroom catsup. Turn into a saucepan, add enough cold water to cover the meat, fit a top on the vessel, and simmer for half an hour. Then add a tablespoon of browned flour rubbed to a paste with a heaping tablespoon of butter.

MUTTON SOUP

$1\frac{1}{2}$ lb. mutton (neck)	2 potatoes
2 onions	1 qt. cold water
2 tablespoons rice or barley	Salt and pepper to taste

Cut the mutton into small pieces, and put into a stew pot with the cold water. Cook slowly four or five hours.

One hour before serving add the sliced potatoes, onions, rice or barley, and seasoning. Thicken with a little flour wet in cold water and, if desired, add celery and carrot sliced.

OX-TAIL SOUP

1 ox-tail	4 cloves
$\frac{1}{2}$ turnip	2 tablespoons butter
$\frac{1}{2}$ carrot	2 tablespoons flour
1 onion	$2\frac{1}{2}$ qts. water
Salt, pepper, and herbs	

Divide the tail into joints, remove the fat, melt the butter in a stew pan, and brown the pieces of tail in it. Cut the onion into slices to brown with the tail. Add the hot water, vegetables, herbs, cloves, salt, and pepper. Let all simmer slowly for two and a half or three hours. When the pieces of tail are cooked, take them from the pan, put them aside to keep hot; strain the soup; thicken it with flour, mixed to a smooth paste with a little cold water. Let the soup boil a few minutes, then pour into a tureen and add the pieces of tail. If the soup is preferred clear, omit the flour.

BARLEY SOUP

Three lbs. soup meat—lamb, mutton, or beef. Cook in 3 qts. salted water slowly two hours, then add other ingredients and cook one hour. One-half cup pearl barley (soaked overnight), 1 chopped onion, 1 cup chopped carrot, 1 cup celery, 1 tablespoon parsley, $\frac{1}{2}$ teaspoon pepper, 1 tablespoon salt (in the water). If desired, thicken with flour or tapioca when done. Drop a sprig of parsley in each dish.

NOODLE SOUP

Put $\frac{1}{3}$ cup butter with a little salt into a kettle containing about 2 qts. boiling water. Put into this $\frac{1}{2}$ doz. medium sliced potatoes. Take 2 eggs, 1 teaspoon butter, 3 tablespoons sweet cream, 1 pt. flour, or enough to make a stiff dough. Roll very thin, cut in narrow strips. Drop into the kettle of potatoes, and boil one-half hour. Use meat broth instead of potato if preferred.

LEEK AND POTATO SOUP

1 bunch leeks	$2\frac{1}{2}$ cups potatoes
1 cup celery	2 tablespoons butter
$2\frac{1}{2}$ tablespoons butter	2 tablespoons flour
1 qt. milk	Salt and pepper
Cayenne.	

Cut leeks and celery in very thin slices crosswise, and cook in $2\frac{1}{2}$ tablespoons butter, stirring constantly, ten minutes. Add milk, and cook in double boiler forty minutes. Cut potatoes in slices and cut slices in small pieces; then cook in boiling salted water ten minutes. Melt two tablespoons butter, add flour, milk, with vegetables and potatoes. Cook until potatoes are soft, and season with salt, pepper, and cayenne.

CREAM OF CORN SOUP

1 can corn	2 tablespoons butter
1 qt. whole milk	2 tablespoons flour
1 slice onion	Salt, pepper

Scald milk with the onion. Remove onion, and add corn which has been put through sieve. Bind with the flour and butter mixed together. Season and cook three minutes or longer. Add any extra vegetable, such as leftover string beans or tomato.

ONION SOUP

3 large onions	3 stalks of celery
1 cup of bread crusts	1 egg yolk
1 carrot	1 cup of milk
Butter	Salt and pepper

Pare and slice the onions, and fry in butter until nicely browned. Put in a double boiler with 1 qt. of boiling water, diced bread crusts, and pepper and salt. Add the carrot and celery which have been diced. Let the mixture boil together for two hours. Ten minutes before serving, strain, and beat the egg yolk and 1 cup of milk together. Pour gradually into the soup. Stir constantly, and let the soup come to the boiling point.

POTATO SOUP

Cook 4 medium (whole or diced) potatoes in enough salted water to cover. Add a sliced onion if liked. When done leave potatoes diced, or mash them through a colander, and put the purée back in the water. Add 1 pt. rich (or evaporated) milk, a lump of butter, speck of pepper, more salt if needed, and a pinch of celery salt. Add a bit of parsley and, if liked, add several teaspoons browned flour and 1 cup diced bread, browned in butter. Serve at once.

POTATO SOUP WITH DUMPLINGS

Simmer 2½ lbs. soup bone or boiling-meat about two hours. Keep well covered with water, then add 8 or 10 medium sized potatoes, salt, pepper, and an onion; boil about forty-five minutes and take out the bone. Thicken with 2 tablespoons flour mixed in a little water. Take potatoes out, put in dumplings:

1½ cups flour, 2 teaspoons baking powder, 1 beaten egg, ½ teaspoon salt; mix together, add enough milk to hold together stiff. Drop by spoonfuls into soup. Cover tight and cook ten minutes. Take out, and add remaining broth to the potatoes.

VEGETABLE SOUP

Put a large soup bone and 1 or 2 lbs. soup meat or chuck into enough salted cold water to cover. Bring slowly to boiling point, let simmer at least two hours, adding more water if needed. About one hour before serving, add other ingredients and cook slowly. $\frac{1}{2}$ cup each of following, cut in cubes or slices: turnips, onions, celery, carrots, cabbage, potatoes; 2 tomatoes or a can of Campbell's tomato soup; 2 tablespoons rice, $\frac{1}{2}$ cup macaroni, and noodles if liked; $\frac{1}{4}$ cup any soaked or fresh beans, peas, corn or leftover vegetables; season with 2 cloves, 2 allspice balls, $\frac{1}{2}$ bay leaf, pinch of pepper, salt to taste, and 1 teaspoon celery seed, a sprig of parsley. If soup is not rich enough add 2 bouillon cubes, or 2 teaspoons beef extract. Add kitchen bouquet or any favorite seasoning. Leftover soup may be mashed through colander and added to hot milk for a creamed soup, and the meat diced or used in a "leftover meat" dish.

VEGETABLE CREAM SOUP

Turnip, carrot, and celery, $\frac{1}{2}$ cup each, chopped; $1\frac{1}{2}$ tablespoons minced onion, 3 pts. milk, $\frac{1}{2}$ cup cream, $\frac{1}{4}$ cup butter (or less), 1 or 2 egg yolks, $\frac{1}{4}$ cup flour, seasonings. Cook all the vegetables very slowly twenty minutes in the melted butter; adding 1 tablespoon minced parsley, $\frac{1}{2}$ bay leaf, and 1 clove; add the flour and stir to blend with the butter and vegetables, then add hot milk; put in double boiler and cook one-half hour, stirring occasionally. Season with salt and pepper to taste, $\frac{1}{8}$ teaspoon paprika, a pinch of mace, and a little kitchen bouquet; just before serving add the cream, mixed with the egg-yolks; stir rapidly until very hot and serve, first removing the bay leaf. Serve with a bit of grated cheese and croutons in each dish.

PUMPKIN SOUP

In France they make a delicious soup with pumpkin. Use a can of pumpkin, or cut up $\frac{1}{2}$ large pumpkin into convenient-sized pieces, peel, and cook in boiling water until soft. Strain and rub through a sieve; meantime heat 1 pt. milk, with a piece of butter, a little salt, and 2 pieces of loaf sugar. Mix all this with the pumpkin pulp, boil up for a few minutes and serve. The soup may be thinned with a little more milk. Bread, cut into dice and fried, should be served with the soup.

WISCONSIN PARSNIP SOUP

Six or 8 parsnips cut small and boiled. Boil down, so very little water is left when done. Do not drain. Add 1 qt. milk, large lump butter, salt, and pepper. Strain or beat till smooth.

CRACKER TOMATO SOUP

One pt. canned tomatoes; add 1 qt. boiling water and let come to boiling point; add $\frac{1}{2}$ small teaspoon soda; while foaming add 1 pt. sweet milk, salt, pepper, 2 whole cloves, and plenty of butter. When this begins to simmer add 8 crackers rolled fine.

CREAM OF TOMATO SOUP

Blend together 2 tablespoons flour, 1 cup milk, $\frac{1}{2}$ cup cream, 1 egg or yolk beaten slightly. Add, slowly (while rapidly stirring) to 2 cups boiling tomato juice or purée. (Soda is likely to spoil flavor, and is not needed if the juice is never allowed to stop boiling while the milk mixture is being added.) Season with 1 tablespoon butter, 1 teaspoon salt, paprika; $\frac{1}{2}$ can corn may be added.

SAVORY TOMATO SOUP

One can tomatoes or 2 lbs. fresh, 1 pt. water or stock, 1 teaspoon salt, 1 tablespoon sugar, 3 cloves, and a speck of pepper, 1 tablespoon each of onion and parsley or 1 teaspoon celery salt. Stew fifteen minutes. Put through sieve. Put back on fire, and thicken with 2 tablespoons flour mixed with 2 tablespoons butter.

CREAM OF TOMATO AND CORN SOUP

2 tablespoons chopped onion	$\frac{1}{4}$ teaspoon pepper
2 tablespoons butter	2 cups water
2 tablespoons flour	1 cup canned corn
2 cups of stewed tomatoes	$\frac{1}{2}$ cup cream
$\frac{1}{2}$ teaspoon salt	1 egg yolk
1 tablespoon sugar	

Put butter and onion in saucepan and stir and cook five minutes. Add flour and cook until slightly brown. Add other ingredients (except cream and egg) and cook thirty minutes. Rub through a sieve, and just before serving add cream beaten stiff with egg-yolk. Serve hot.

CELERY AND TOMATO BOUILLON

Cut 2 stalks of celery fine and boil in 1 qt. of water with 4 bouillon cubes. Boil one hour, then add 1 small can of tomatoes. Cook slowly fifteen minutes. Strain through a fine sieve, for the soup should be very clear. Serve with a dash of highly seasoned whipped cream. Use salt and a dash of tabasco sauce to flavor the cream before whipping.

CORN CHOWDER

1 can corn	1 onion
4 cups potatoes, cut in $\frac{1}{4}$ -inch slices or diced	4 cups scalded milk
	3 tablespoons butter
$\frac{1}{4}$ lb. fat salt pork (bacon or ham)	

Cut pork in small pieces and fry crisp. Add diced onion and cook five minutes. This must be stirred often so the onion may not burn. Parboil potatoes five minutes in boiling water to cover, drain, and add potato to fat, then add 1 cup of the boiled potato water. Cook until potatoes are soft; add milk and corn, then heat to boiling point. Season with salt and pepper; add butter, and serve with crackers. If desired, flour or crackers may be added to, thicken the chowder.

CORN AND TOMATO CHOWDER

$\frac{1}{2}$ lb. salt pork	3 cups boiling water
1 large onion chopped	1 cup potatoes
2 cups fresh or canned tomatoes	1 tablespoon chopped parsley
2 cups green corn cut from cob	$1\frac{1}{2}$ teaspoons salt
	$\frac{1}{4}$ teaspoon pepper

Cut pork in small pieces, and try out, remove fat scraps, add onion, and cook until soft. Add tomatoes, corn, water, and parsley. Cover and simmer one hour. Add potatoes (diced) and seasonings. Cook until potatoes are tender. Serve with crackers.

MILK AND CHEESE SOUP

3 cups milk	$\frac{1}{4}$ lb. American cheese—rub
$1\frac{1}{2}$ teaspoons butter	through grater
$1\frac{1}{2}$ tablespoons flour	Salt, pepper, and paprika to taste

Melt the butter, add flour and seasonings, then the milk, and cook thoroughly. Add the cheese just before serving. Serve with diced bread fried in butter.

CELERY SOUP

Three stalks celery sliced. Add 1 pt. water, boil thirty minutes. Press through colander. Add 1 minced onion and 1 qt. hot milk. Add 1 tablespoon butter mixed with 2 tablespoons flour. Cook till it thickens, and season to taste.

SPLIT PEA SOUP

1 cup dried split peas	$\frac{1}{2}$ cup chopped celery
$2\frac{1}{2}$ qts. cold water	3 tablespoons butter
1 pt. scalded milk	2 tablespoons cornstarch
1 onion	2 teaspoons salt
1 carrot	$\frac{1}{2}$ teaspoon pepper
	$\frac{1}{4}$ lb. fat salt pork

Wash and soak peas over night in cold water. Drain, and pour over the peas $2\frac{1}{2}$ qts. water. Heat to boiling point. Add pork, vegetables and salt, and simmer four hours. Rub through strainer, and add creamed butter and cornstarch. Add enough milk to make it the thickness desired.

CREAM OF GREEN PEA SOUP

1 qt. milk	2 tablespoons flour
1 can peas	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	$\frac{1}{8}$ teaspoon pepper

Cook peas until tender and press through strainer. Blend with milk, seasoning, and flour mixed with the butter.

CREAM OF SPINACH SOUP AU GRATIN

Make a thin cream sauce in the proportion of $1\frac{1}{2}$ tablespoon each of flour and butter to 2 cups of combined milk and spinach juice. Force 1 cup of cooked spinach through a sieve and add to the cream sauce.

It is easier to get the spinach sieved if it is run first through a food grinder. Heat to scalding, season well with pepper, salt, and paprika, place in soup plates, and cover the top with a fine grating of cheese. The cheese will melt. Serve with croutons.

PHILADELPHIA PEPPER-POT

2 onions	3 tablespoons butter
1 stalk celery	Pepper and salt to taste
$\frac{1}{2}$ green pepper	$1\frac{1}{2}$ tablespoons flour
$\frac{1}{4}$ teaspoon ground pepper corn	1 potato
$\frac{1}{4}$ lb. tripe	$2\frac{1}{2}$ cups chicken-stock
$\frac{1}{4}$ cup cream	

Cut all the vegetables and the tripe into small pieces. Place in saucepan with sufficient water to cover, and boil for fifteen minutes. Drain off the liquid and reserve it. Return vegetables and tripe to saucepan. Add the butter and seasoning, and cook for fifteen minutes more. Add the flour, and stir constantly until well mixed. Then add all the remaining ingredients except the cream. Cook for one hour. Add cream just before serving.

SALSIFY SOUP

Scrape and dice 6 roots, mince 1 onion and cook both together, adding a sprig of parsley, until salsify is tender; drain if desired. Melt $\frac{1}{4}$ cup butter and $\frac{1}{4}$ cup flour together, add 1 teaspoon salt, $\frac{1}{4}$ teaspoon paprika, and 3 pts. milk; cook, stirring until thickened and smooth; add the vegetables, and stir in the beaten yolks of 2 eggs mixed with 1 cup cream; add more salt and pepper if needed, and serve with browned crackers.

CREAM OF ASPARAGUS SOUP

To 1 cup thin white sauce add 1 cup milk and 1 cup asparagus puree, or make like celery soup. A thick sauce may be used, and thinned with vegetable water.

CAULIFLOWER SOUP

2 tablespoons butter	1½ cups cauliflower liquor
1 tablespoon cornstarch	1½ cups cauliflower purée
1½ cups milk	Salt

Paprika

Cook cauliflower in boiling water and save the liquor. Rub cauliflower through sieve. Make a white sauce of the butter, cornstarch, milk, and seasonings. Add the cauliflower liquor and purée just before serving.

CABBAGE SOUP

Make same as Cauliflower Soup, substituting cabbage.

CARROT SOUP

Make same as Cauliflower Soup, substituting carrots.

DRIED BEAN OR PEA SOUP

1 cup lima, navy beans, or other legumes	2 tablespoons butter
1 qt. water or stock	2 tablespoons flour
2 cups milk	1 teaspoon salt
	⅛ teaspoon paprika or pepper
1 slice onion or more if liked	

Soak beans in the cold water ten to twelve hours. Cook in same water in which beans are soaked with onion until tender. Rub through sieve. Make a white sauce of the butter, flour, milk, and seasonings. Add the bean purée and as much of the bean water as liked. Peas require almost twice as much water as lima beans. **A ham bone or ½ lb. loose sausage or pork** may be boiled with the beans. Good with drop dumplings cooked on top just before serving. The beans may be left whole and the butter and flour browned for richer color.

LENTIL SOUP

1 cup lentils	2 tablespoons butter
2½ qts. cold water	1 tablespoon cornstarch or flour
1 pt. stock or boiling water	1½ teaspoons salt
½ onion	⅛ teaspoon pepper
2-inch cube salt fat pork.	

Pick over lentils and soak several hours, drain, add cold water, pork, onion. Simmer three or four hours or until soft; rub through sieve. Add butter and cornstarch cooked together; salt and pepper. Dilute with stock, adding more if necessary. Lentils have a purplish color.

PEANUT BUTTER SOUP

Mix $\frac{1}{3}$ cup peanut butter with 1 cup milk. Have ready $\frac{1}{2}$ cup chopped celery, which has been cooked till tender in $1\frac{1}{2}$ cups water. Mix this with the peanut butter and add 1 tablespoon cornstarch, wet in cold water. Cook and stir, add salt, and serve. Serving for two.

FRUIT SOUP

Wash and stone 3 cups sour cherries, or use other fruit; add 1 qt. water. Bring to boiling point. Add $\frac{1}{2}$ cup sugar, $\frac{1}{8}$ teaspoon salt, a stick of cinnamon, and 4 cloves. Let the mixture stew until the cherries are done. Rub through a sieve, then return it to the saucepan, and thicken it with 1 tablespoon arrowroot dissolved in a little water, or 2 tablespoons tapioca cooked in 1 cup water. Bring it to the boiling point, then add the juice of $\frac{1}{2}$ lemon, pour it into bouillon cups, and serve it cold or hot. Two beaten egg yolks are sometimes added.

WILSON'S MEAT CHART



Pork Cuts

- | | | | |
|---|--|-------------------------------------|---------------------|
| ① FRESH HAM
Also used for smoked ham | ④ BELLY
Made into bacon. The heart of this cut is used for the best grades
A Leaf lard | ⑥ SPARERIBS | ⑦ & ⑧ PORK SHOULDER |
| ② FULL LOIN (Center cut illustrated)
A Loin chops
B Rib chops | ⑤ FAT BACK | ⑦ & ⑪ PICNIC | ⑨ CLEAR PLATE |
| ③ TENDERLOIN | | ⑧ A REGULAR BUTT
B BONELESS BUTT | ⑩ JOWL |
| | | | ⑪ HOCKS |
| | | | ⑫ FEET |

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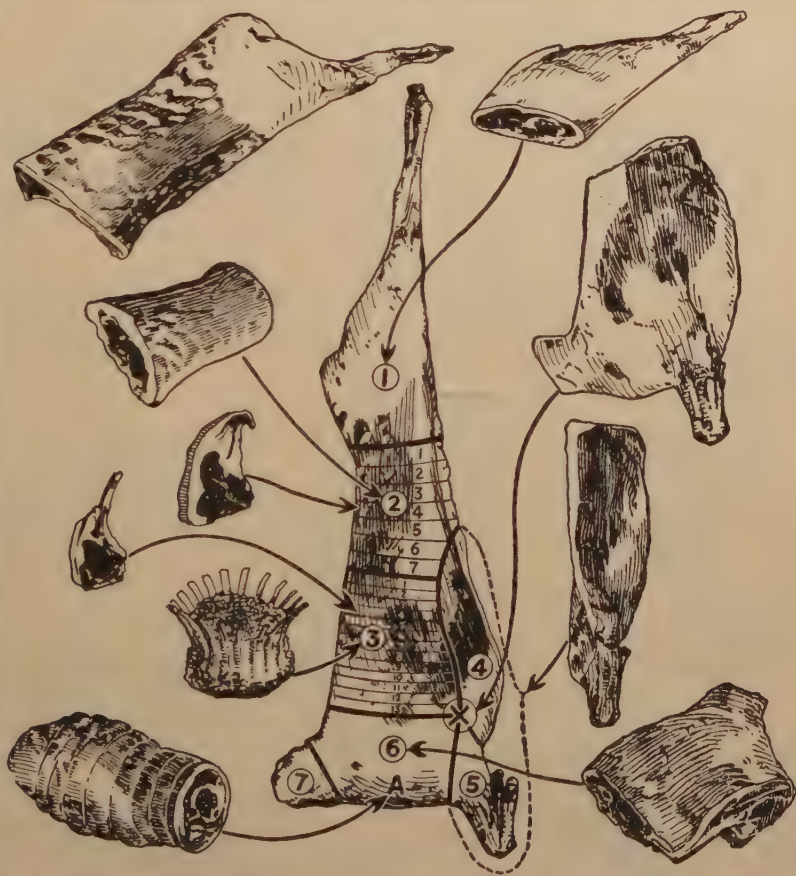
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WILSON'S MEAT CHART



Mutton and Lamb Cuts

- ① LEG
- ② LOIN (Cut full in illustration)
1-7 Loin chops; English mutton chops
- ③ RIBS or HOTEL RACK
1-12 Rib chops; French rib chops (illustrated); crown roast (illustrated)

X - 3, 4, 5, 6, 7
Forequarter at each shown in illustration

- ④ BREAST
- ⑤ SHANK
Note: 4 & 5 are cut together in illustration
- ⑥ CHUCK
A. Rolled shoulder
- ⑦ NECK

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WILSON'S MEAT CHART



Beef Cuts

FORE QUARTER

- ① NECK
- ② WHOLE CHUCK
 - 1. 5th rib roast
 - 2. Chuck steaks
 - 3. Pot roast
 - 4. Chub
- ③ FORE SHANK
- ④ BRISKET
- ⑤ PLATE
 - 1. Neck
 - 2. Rib Ends
- ⑥ RIB
 - 1. 11th and 12th rib roast
 - 2. 9th and 10th rib roast
 - 3. 7th and 8th rib roast
 - 4. 5th rib roast

A-A—Portion above this line is the hind quarter, while that below is the fore quarter.

HIND QUARTER

- ⑦ FLANK
 - 1. Flank steak
 - 2. Shaw
- ⑧ LOIN
 - 1. Butt end sirloin
 - 2. Wagyu bone sirloin
 - 3. Round bone sirloin
 - 4-5. Flat bone steaks
 - 6. Pin bone steaks
 - 7-15. Porterhouse
 - 16-18. Club steaks
- ⑨ RUMP
- ⑩ ROUND
 - 1. First cut round steak
 - 2-13. Round steaks
 - 14. Knuckle soup bones
 - 15. Pot roast
- ⑪ HIND SHANK
 - 16-17. Soup bones
 - 18. Hock soup bone

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Meat Outline

BEEF

Various other parts of the beef—the tongue, heart, liver, kidneys, tripe, and tail—are all useful by-products.

(Cuts of lamb and mutton are similar)

Oven Roasts

Fore quarter:

Chuck-ribs

Prime ribs of beef

Shoulder-clod

Undercut

Hind quarter:

Face of the rump

Porterhouse

Short cut of the rump

Sirloin

Sirloin-tip

Tenderloin

Top of round

Pot Roasts

Brisket

Chuck

Round—aitchbone (triangular cut)

Shoulder-clod

Soups

Chuck, Neck, Plate,

Shank or Tail

Corning

Brisket or Plate

Steaks

Fore quarter:

Chuck

Shoulder-clod

Skirt steak

Hind quarter:

Flank steak

Hamburger—bottom round

Rump steak—back and face

Round steak

Fillet

Tenderloin

Loin—sirloin, porterhouse, club, T-bone, tenderloin (best for broiling)

Stews, Braizing, and Casseroles

Brisket

Chuck

Face of rump

Flank

Neck

Plate

Round—aitchbone

Shank

Shin

Short ribs

VEAL

Cutlets or Steaks

Fore quarter:

Breast or Shoulder

Hind quarter:

Leg, Loin, or Rump

Oven or Pot Roasts

Fore quarter:

Boned shoulder or Breast

Hind quarter:

Leg, Loin, or Rump

Soup, Jellied Meat

Knuckle or shin

Stews, Fricassees, Casseroles

Fore quarter:

Breast, Neck, or Shoulder

Hind quarter:

Flank or Shank

How to Select Meat

(Allow about $\frac{1}{3}$ lb. lean meat per person.)

Do you get your market report in the papers, hear it by radio, or do you visit the market? Lamb may be plentiful, perhaps veal is cheap, or there may be an over-supply of beef and you can get chuck roast at 6 cents a pound less than it was last week.

When a leg of lamb is too high, try a shoulder at much less a pound, and have it boned and rolled. You will find this just as satisfactory in flavor and tenderness if you remember that, when cooking the coarser cuts of meat, hard boiling, rapid baking, or quick stewing will only harden the connective tissue and make the meat tough and tasteless; only the most gentle heat will soften and gelatinize this tissue. If not sure of the cut, play safe by searing all over thoroughly, then cook slowly. "The tougher—the slower and longer." Four to eight hours can make cheap cuts delicious, although a 5 lb. piece may be **cooked** in two hours.

BEEF CUTS

All cuts of beef, whether they are the tender, quickly cooked steaks and roasts or the coarser juicy cuts made tender by long, slow cooking, are readily digested by the average adult.

Porterhouse steak and prime rib roasts are so familiar and frequently purchased that they are exceedingly high in price. Cheaper parts, carefully selected according to your needs, will prove just as good in flavor and tenderness if time enough is allowed.

Nearly all meats contain some portions not desirable for eating; some of them, such as bones and trimmings, possess a proportion of nutriment and may be used for soup, so should not be regarded wholly as waste.

It has been computed by beef experts that of the porterhouse and sirloin cuts 87 per cent is edible; of the round, 91 per cent; of the brisket, 46 per cent; of the rump, 81 per cent; of the flank, 99 per cent; of the chuck, 76 per cent; of the neck, 68 per cent; ribs, 79 per cent; and shin, 61 per cent. With these figures and the current prices of beef in one's possession, it is an easy matter to calculate exactly what the various cuts of meat will cost after they are prepared for the table, and to decide which are the most economical for one's own use.

When selecting beef the question of **fat** is important, not only from the standpoint of waste, but because its presence adds to the

flavor and quality of the meat, and also because fat is as necessary to the body as protein. But an excess of fat, while making for flavor, tenderness, and juiciness, must be regarded as waste, if the beef is being purchased as meat alone.

As a rule, the finer cuts of beef contain the most fat. The brisket is an exception among the cheaper cuts, having a greater percentage of fat than of protein. A roast or steak of moderate size should be bordered with about $\frac{1}{2}$ inch of fat. The best grade of beef on the market is **corn-fed**. The fat is almost white, very firm, but easily crumbled, and so plentifully supplied you may feel that you are paying too great a proportion of your money for it, but it is this quantity of fat that indicates well-fed beef. The **lean** part of the meat, or the muscle, should be a rich red when first cut and well mottled with fat; on standing it turns a lighter red (then purple of course when very stale). The muscle-fibers are short and firm. Corn-fed beef is tender even when cooked quickly, if not cooked too long.

The other grade of beef is **grass-fed**. The flesh is dark and the fibers long and stringy; the fat is yellowish in color, and there is very little of it when compared with that in corn-fed beef.

The **bone**, too, should be examined; if hard and dead white, rest assured the beef is old and likely to be tough. If the bone is slightly pinkish in tint and somewhat soft, you may order your beef quite safely.

And these tests refer to the coarser, cheaper cuts as well as the fancy pieces, except that the grain will naturally not be fine and the beef will contain more connective tissue. A cut of beef, carefully and intelligently chosen from the less expensive portions of the side, will prove far more satisfactory than a costly cut carelessly purchased. A few ounces of **suet should be ordered with lean beef**, and chopped with the Hamburger steak for meat balls and other dishes, when chopped beef is used. It will add infinitely to their flavor and tenderness, besides providing the wherewithal for savory, delicious gravy.

In most sections of the country a beef-animal is first cut into sides, and then each side is divided into fore and hind quarters.

FORE QUARTER

It is from the hind part of the fore quarter section that the prime rib roast comes. The first two ribs furthest removed from the neck are called the first cut of the **prime rib**. This is juicy, tender meat, well mottled with fat, and makes one of the choicest oven roasts, either with the bone removed and the meat rolled, or with the bone left in and cooked as a standing rib roast. The third rib is known as the second cut and the fourth and fifth ribs together as the third cut of the prime rib.

Next to the prime ribs, with only the width of a knife-blade between, are the **chuck ribs**. There cannot be a great difference in the quality of the meat, but there is a big difference in the price of prime ribs and chuck ribs. The first cut from the chuck is 15 to 18 cents cheaper than the first cut from the prime ribs. You can always tell a chuck roast from a prime rib roast by the shoulder-blade that runs through the eye of the meat in the chuck. The **chuck** is divided into the top roll, the undercut, and the neck. The chuck may be boned, rolled, skewered, and tied, and used as an oven roast or as a pot roast. The undercut makes a very fine oven roast.

From the inside of the fore quarter comes the **skirt steak**. This is a thin, coarse-grained muscle with a membrane, which should be removed before the steak is scored for broiling.

When estimating the price of meat it is always safe to consider that **a cut from the fore quarter of an animal will cost less than one from the hind quarter**, and yet very few housewives know how to use many of the fore-quarter cuts. There is meat for every kind of cooking in the fore quarter. It will supply **roasts** from the prime ribs, chuck ribs, and shoulder-clod; **steaks** from the shoulder-clod and the chuck and skirt steaks; **pot roasts** from the chuck or shoulder-clod; **meat to braize** or use in **stews** and **pot-pies** or **casserole dishes** from the short ribs, chuck, and neck; bone and meat for **soups** from the neck and shin, and meat for **corning** from the brisket and rattle.

HIND QUARTER

The hind quarter is divided into three parts—loin, rump, and round. The three ribs that are left on the loin are called the **sir-loin tip**, and from them are cut the well-known sirloin roasts or sirloin steaks. Such a steak is an economical purchase for a small family, because, even though a few cents higher, they are not quite so heavy as the prime rib cuts, and the "eye" of the meat is very tender.

All the upper part of the hind quarter back to the hip-bone is known as the **loin**, and from the loin you can get the tenderest and also the most expensive cuts of meat, such as the **tenderloin** of beef.

After the sirloin ribs have been taken from the hind quarter, the rest of the loin is also cut into steaks and roasts. The **porterhouse steak** comes next to the rump, and can always be distinguished by the T-shaped bone and the "eye" of the meat resting next to one arm of the bone, with the tenderloin on the other side. The long flank end or "tail" of the porterhouse steak is often tough and not suitable for broiling. Such a steak will serve more people if you have your butcher remove the end from the fat and put it through the meat-grinder, then pat the ground meat into shape and fit it

back into the steak, skewering the outer rim of the fat with a toothpick, so that it holds the chopped meat.

There are only six porterhouse steaks from one beef, so they are necessarily expensive.

The **T-bone steak** has the same shaped bone as the porterhouse, but it is cut from the center of the loin. If the tenderloin has been removed from the porterhouse the latter is served as a **club-** or **minute-steak**.

One of the most popular hotel and restaurant steaks is the **minute-steak**. This steak has no tenderloin, and may be cut from a **short sirloin** or a small porterhouse from which the tenderloin has been removed. When buying this steak have the butcher cut it not over 1 inch thick, and split it, beginning at the outside, but not quite separating the slice. Open and pan-broil until well done.

Continuing toward the ribs, the next steak is the **sirloin**. The sirloin is a much smaller steak than the porterhouse, often weighing only 2 lbs. For the large family it is a much more economical purchase to buy one large porterhouse than two sirloin steaks.

The **rump** is between the loin and the leg, and is divided into the back, the middle, and the face of the rump. The back and middle of the rump are used for choice oven roasts and steaks, and the face for oven roasts, braizing, and stews. While the face and back of the rump can both be used for pot roasts, they are not an economical purchase. The tenderloin from the rump is usually cheaper in price than the sirloin tenderloin and is smaller in size. When cut in slices the **rump tenderloin** is served as "**filet mignon**," so popular in hotels and restaurants.

The **round** is the thick part of the hind leg, and is divided by a membrane into the top and bottom round. The **top round** is the inside of the leg, and is a little larger than half of the cross-section. It is used for steaks and roasts and makes satisfactory oven roasts if the meat is larded or suet is wrapped around the outside of the meat. The **bottom round** is used for pot roasts, Hamburger steak, casserole dishes, and beef juice.

The **flank steak** is a rather coarse steak, and comes from the lower part of the hind quarter. The fibers are tough, and the steak should be scored across the grain with a sharp knife or plate. This is one of the cheap steaks, but it is delicious if properly prepared.

The hind **shin** or **shank** is used for stews, soups, and the foundation of aspic jelly.

OTHER PARTS OF BEEF, VEAL, ETC.

When shopping around for unusual meats don't overlook the **hearts**, which are so delicious braized, stewed, or stuffed and roasted, the **livers**, which may be cooked and served with strips of bacon; the **sweetbreads** and **brains** (prepared like sweetbreads), and other

like delicacies; the tongues (see Fancy Meat Loaf, etc.); the **kidneys**, which are made into stews or kidney pies with flaky crusts.

VEAL

Veal is divided into fore and hind quarters, with only five ribs on the fore quarter. The **flesh** of good veal is yellowish pink in color, and the fat is firm and white. When a calf is killed too young, the veal is known as **green** (or bob) **veal**. This is pale in color, and the muscle is soft and flabby. Never purchase green veal, as it is poor in flavor and difficult to digest.

Ask for good cuts from the fore quarter, as they are cheaper than those from the hind quarter. Try a boned shoulder of veal and see if you do not like it as well as the more expensive leg. Ask your butcher for a cut from the **breast** large enough for a roast and then have him cut a pocket to hold the dressing. A **knuckle** of veal contains a large amount of gelatin, but little meat, so, if you are planning a jellied dish, make sure of enough meat by buying some of the shoulder. The expensive cuts of veal are the **lion** and **leg**. These are tender and take little time to prepare for cooking. The leg may be cut into **steaks**, corresponding to round steaks of beef, but the veal steaks are best cut thin and seared in plenty of hot butter, then fried more slowly than most beef steaks. Usually there is little fat, but the juice makes delicious brown gravy when prepared this way. (Add water, of course, to make gravy after meat is lifted.)

Cutlets are the smaller steaks usually dipped in egg and crumbs and fried rather slowly. The lower part of the leg may be used for **oven** or **pot roasts**.

LAMB AND MUTTON

Mutton is the flesh of sheep about three years old. It should be firm and dark pink, and the fat should be hard and flaky. The cuts are fewer than in beef, but are similar in location. Lamb is used from six weeks to one year old, and the flesh is lighter pink. Recipes on other pages. Shank or neck for **soup** and **broth**; neck or breast for **stews**; ribs, loin, leg, shoulder, or breast for **roasts**; loin, rib, or shoulder for **chops**; leg for **steaks**. Always remove outside membrane.

PORK

Pork should be used sparingly (except crisp bacon), because it is most liable to disease and requires thorough cooking. Most of the cuts are familiar and easily recognized. They are all comparatively tender. A great variety of pork recipes are given on later pages.

How to Cook Meats

The rules given below for cooking meats have been formulated by culinary experts and agricultural experiment stations. The best cut of meat may be spoiled by poor cooking, and the cheapest cut made delicious by proper methods, if the meat is in good condition and comes from high-grade animals.

To make the tough cuts tender the tissues must be loosened and softened. This may be done by chopping, pounding, scoring, long, slow cooking, or by marinating in vinegar and oil: To 1 tablespoon of vinegar or lemon juice add 3 tablespoons of oil, $\frac{1}{4}$ teaspoon of salt, and a dash of pepper. Put the meat in an earthen bowl and pour the dressing over it. Turn the meat around and over so that every part of it is covered with the dressing, and allow it to remain in the bowl several hours, then cook as desired. If meat must be kept several days, this mixture would serve as a good preservative, also.

All meats, except when used for soup or broth, should be seared (browned quickly) in order to seal in the juices before the cooking begins. They should be turned at least every two minutes while searing, fifteen or twenty minutes to brown all over quickly. Salt should never be applied when meat is at a low temperature, as it draws out the juices. (Again, soup meat is the exception.) Some excellent cooks prefer the flavor of meat salted immediately before searing, but they usually add flour and pepper at the same time to help seal the juices. The juiciest steaks are those salted just before serving, but salt or butter rapidly draws the juice out of steak after it starts to cool. If it must stand a moment before serving, keep the steak hot and then add seasoning just before cutting. Roasts are not ruined quite so easily by salting, but they stay more juicy if well floured, and may be salted then immediately before searing, or just after, or when almost done, but the juiciest beef roast is the one salted just before serving. Some epicureans dust meat heavily with pepper before searing. It helps to seal in the juice and gives a delicious flavor if pepper is liked. Most meat requires **a scant teaspoon of salt per pound.**

BOILING MEAT

(See meat outline for cuts)

All boiling meats should be seared by plunging into boiling water to cover. Keep up the heat till boiling starts again, then lower so it just simmers (180° F.) till done—thirty to fifty min-

utes per lb. after the cooking is well started (about twenty minutes). Boiled meats are improved if cooled in their broth, but keep uncovered after taking from the fire until quite cool, as **it ruins meat flavor to keep tightly covered while cooling.**

BROILING

For broiling, beef steaks should be cut 1 to 1½ inches thick; for other steaks or chops, ½ inch is better. If broiled over red coals or a flame, brown quickly, turning often, then draw farther away to cook a bit slower till done. For 1 inch thick, eight to ten minutes; 1½ inch, ten to fifteen minutes is the time required. Season and serve at once. When using a broiling oven, turn the flame high ten minutes before needed. Cook eight to ten minutes with the door open. Turn often. Only tender meat should be broiled. A 2 lb. young chicken may be broiled in thirty-five minutes. Season each side just before exposing to the heat or season the meat just before serving.

If salted before it is placed near the heat it must be kept very hot and turned often to keep the juices from seeping out. The salt drains out the juices, but pepper and oil help to seal them in.

Heat the wire rack of the broiler and grease it with a bit of fat cut from the meat. Place the steak or chop on the rack and put the broiling-pan holding the rack as close to the flame as possible without having the flame actually touching the meat. If your broiler is not well ventilated, leave the door open. After one minute turn the steak and sear the other side. Be sure to put the fork into the fat rather than the flesh, so that no juice will be lost.

When both sides of the steak are well browned, reduce the heat and turn the steak every minute or two so that the juice does not come to the surface and drip off. Cook until the steak is puffy. A steak cut 1½ inch thick will need ten minutes if it is to be served rare, or twelve to fifteen minutes if "well done." Broil the lamb and mutton chops as you would steak, but pork chops are usually pan broiled.

Time Table for Broiling

Steak, ½ to 1 inch thick.....	8 to 10	minutes
Steak, 1½ inches thick.....	10 to 15	"
Mutton chops.....	8 to 10	"
Spring chicken (about 2 lbs.).....	35	"
Quail.....	8 to 10	"
Grouse.....	15	"
Squabs.....	10 to 15	"
Shad, bluefish, trout, etc.....	15 to 25	"
Small fish.....	8 to 10	"

PAN BROILING ($\frac{1}{2}$ to 1 inch Thick Slices)

If porterhouse steak, short sirloins, or tenderloins are used, have ready a very hot heavy pan without any fat in it. Sprinkle salt in the hot pan and pepper on the steak. (For lamb or pork chops, grease the pan and cook a bit slower.) Sear the meat, turning often (so the juice does not come to the surface) till brown, lower the fire somewhat and cook eight to fifteen minutes, according to thickness. Add melted butter and salt just before serving. For cheaper cuts the pan may be greased with suet or lard before searing, and cook a little slower than finer cuts. Flour should be pounded into coarse, tough cuts, or they should be well scored. Veal and pork steaks are cooked rather slowly after searing. Lamb may be cooked rather quickly. Do not pierce seared surface—lift by the edge.

SWISS STEAKS

Beef, usually round steak, is cut 2 inches thick. Pound in about 1 cup flour, sear in plenty of hot fat. Add salt (1 scant teaspoon per lb.), pepper, and boiling water to keep bottom well covered. Watch to keep from sticking to pan. Cover and let simmer two to two and a half hours; $\frac{1}{4}$ cup catchup may be added with the water for 3 or 4 lbs. Add more water if necessary.

DEEP FRYING

Frying in deep fat is much more economical and healthful than using a little fat in a frying pan. Frying temperatures vary from 345° to 400° F. Heat the thermometer in the fat gradually. Fritters, doughnuts, etc., need 370° F.; oysters, croquettes, etc., 400° F. Potatoes, 390° F., and require six minutes, while croquettes only need about two minutes. When thin smoke starts to rise from the center of the fat it indicates a temperature of 350° F. and a dry bread crumb will brown in one minute; forty seconds is best for batter mixtures. A crumb browned in half a minute indicates a temperature for croquettes. Too low temperature makes them burst open and makes food greasy. Breaded cutlets, 350° F. A deep kettle, with enough fat to immerse the articles, and a wire basket should be used. This basket should be lowered gently or the steam may force the fat too high. Lay the cooked articles on paper toweling or brown paper. Pour the fat through a cheese-cloth laid over a strainer and keep the clear fat in a cool, dry place. **To clarify**, add to the cold fat sliced raw potatoes, washed, but not pared; heat very slowly, and when the bubbling in the fat due to the water in the potatoes ceases and the potato slices are floating, remove from the fire and strain.

JELLIED MEAT for 20 Persons

Jellied Meat Loaf.—Five cups cooked meat (white and dark flakes of chicken mixed make a handsome loaf), 4 hard-cooked eggs chopped separately, 1 cup chopped pickles or 4 tablespoons lemon juice or olives, $\frac{1}{2}$ cup chopped celery, 1 pt. meat broth, salt, pepper, 2 tablespoons gelatin, 1 cup cold water. Two canned pimientos cut in strips (without mashing) add color and flavor.

Mince the meat and mix with the eggs, pickles or olives, celery, broth, pimientos, and seasoning. Soak the gelatin in the water, dissolve by placing over hot water, and add to the mixture. Turn into a wet mold. Chill until firm, and serve garnished with parsley and sliced egg.

OVEN ROASTING

Sear on top of stove or, when using a gas oven, light both burners ten minutes before needed (500° F.). Put the meat in the hot oven, uncovered; in twenty minutes or as soon as the meat is brown, cover if desired, and gradually lower the temperature to 350° F., then allow thirty minutes per lb. of round; forty-five minutes per lb. chuck; twenty minutes for each pound of ribs of beef; thirty minutes for each pound of mutton, lamb, or poultry; thirty minutes for each pound of veal or pork. For small roast (2 or 3 lbs.) the time should be extended about one-half hour. If beef is preferred rare, the schedule above should be reduced. A rare roast is cooked rapidly, preferably in an open pan, about fifteen minutes to the pound, and then frequently basted. Only the best cuts of beef are used for rare roasts.

Extremely tough, dry meat should be boiled. If roasted, it should be well floured and larded with bacon strips or suet and basted often, cooking still more slowly after searing than are the finer cuts. Meats may be seared on top of the stove if they are turned enough. After searing tougher cuts, such as chuck beef roasts or shoulder of lamb, add a little boiling water for basting. The very tough cuts should be covered after the water is added, and allowed to braize. Six to eight hours in a fireless cooker is the best method.

Tender meats with plenty of fat should be cooked in their own juices and basted occasionally. If covered roaster is used, little basting is necessary, but it improves the flavor and drives the heat in, making the center cook without drying the outside. Water mixed with the fat for basting is best in most cases, as it does not dry the meat. If roasts are floured before searing the gravy is a richer brown. The salt should be added immediately before searing or just before serving. Dry meats are best if not salted till done. Then in the last fifteen minutes of roasting the meat should be uncovered, and heat turned on to make the meat absorb the juice left and brown it, both on the meat and in the pan, to make rich

gravy. If properly roasted only the fat has cooked out of the meat, leaving the juice sealed in, so the gravy must be made of the browned fat chiefly. Sometimes a bouillon cube or beef extract is added.

POT ROASTING

Four pounds from the middle or face of the rump or the round. Wipe with a clean wet cloth. Sear all over in heavy roaster or kettle, or by placing in a hot frying pan with about $\frac{1}{3}$ lb. suet or fat trimmings from the meat, and turning till all the surfaces are browned. Put in a kettle with 1 cup of boiling water and place it where it will keep just below the boiling point. Do not let the water cook entirely away, but add only enough to keep the meat from burning. Have the cover fitted closely to keep in the steam. Cook until very tender, from four to six hours. Add seasonings before searing or near the end of cooking. Add more water if needed, but cook down to let juices brown at last. Serve hot or cold.

GRAVY MAKING (1 pt.)

Pour off any extra fat, leaving about $\frac{1}{4}$ cup in the pan. Add $\frac{1}{2}$ cup flour, brown, and stir until smooth; add 2 cups cold water, and cook, stirring constantly until it boils. Boil three minutes. If you do not care for browned flour gravy, add 1 cup of the cold water to the flour, and with a fork stir rapidly till smooth. Put the other cup of water in the pan with the fat, add the flour mixture, and stir rapidly till it has boiled three minutes. And be sure that gravy is well seasoned before serving. Worcestershire sauce or horseradish, beef extract or bouillon cubes, besides salt and pepper may be added. If gravy stays greasy, add a pinch of soda or baking powder.

BEEF

Note: For cuts to be used and directions for preparing Oven or Pot Roasts, Steaks, Swiss Steaks, etc., see above paragraph and preceding pages.

BEEF BOILED WITH TURNIPS AND POTATOES

Put 2 lbs. brisket (or chuck if less fat is preferred) in small kettle of boiling water. When bubbling again, reduce heat and keep just simmering about two hours (four hours for larger piece). One hour before serving add several small turnips, and in one-half hour add potatoes.

OLD FASHIONED BOILED DINNER

Put about 4 lbs. corned beef (beef brisket may be used instead of corned beef and pork) in a large kettle of cold water; bring to a boil, and simmer slowly two or three hours; then add 1 lb. piece salt pork, 3 small beets or onions, 2 large carrots; and 3 turnips cut in three or four pieces. Cook another hour, then add 4 potatoes and cook thirty minutes; add salt if needed and a pinch of red pepper. Serve the vegetables in separate dishes. A good dessert with this dinner is Indian pudding.

TO CORN BEEF OR TONGUE

10 lbs. brisket or rump	A dash of ginger and a little garlic
1 cup brown sugar	$\frac{3}{4}$ tablespoon saltpeter

Salt well on all sides, add seasonings, dissolving saltpeter in a little water. Place in stone jar, cover with plate and weight down with a stone, to allow juice to draw overnight, then add cold water to cover and leave in brine ten days, turning meat every other day.

Tongue may be prepared the same way.

CORNED BEEF AND CABBAGE

Put $2\frac{1}{2}$ lbs. corned beef in 3 pts. cold water (add $\frac{1}{4}$ lb. salt pork if liked). Bring to boil and simmer three hours, then add $\frac{1}{2}$ large head of cabbage, cut in 6 pieces, and cook about forty-five minutes. Add water if needed. Serve with catsup.

POCKET STEAK (Flank)

Ask your butcher to cut pocket in flank steak. Stuff with bread dressing, sew up, and roast about one hour. Good hot or sliced cold. For dressing, see Rolled Steak below.

FLANK STEAK WITH CATCHUP

Score the steak, sear in butter or suet, cover with a small bottle of catsup (and sliced onions if you like). Add about $\frac{3}{4}$ cup water and simmer or roast slowly one hour. Canned tomatoes or purée may be used instead of catsup. Use a well-greased pan and watch closely; it burns easily.

BAVARIAN STEAK

Flank steak (or round)	1 lemon
4 onions	1 cup catchup

Place steak in roaster, salt, cover with onions sliced, juice of lemon and catchup. Roast slowly for one and a half hours. One minced sweet pepper may be added with the onion.

BAKED FLANK STEAK

2 lbs. of flank steak	1 small turnip diced
1 cup dry bread crumbs	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup water	$\frac{1}{2}$ small onion
1 teaspoon salt	$\frac{1}{2}$ cup celery
1 small carrot diced	

Wipe steak, remove skin, and lay out flat for stuffing. Make a dressing of crumbs, water and salt, pepper, chopped onion, and a small amount of celery, and spread on the meat. Place the diced vegetables in a roasting pan and on them lay the meat. Add 2 or 3 cups water, depending on the size of the pan, cover, and bake slowly for three hours or until tender. When cooked remove the meat and thicken the broth.

ITALIAN STEAK

A delicious dish from an inexpensive steak. Spread a skirt steak with sharp cheese, roll, and tie. Brown in Dutch oven as you would a pot roast. Then put in 1 can tomatoes, 2 chopped green peppers, and 1 chopped onion. Cook three hours. Serve plain boiled spaghetti with the meat, and the sauce will act as a dressing.

ROLLED FLANK OR ROUND STEAK

Select a piece of flank steak or a round steak weighing about $1\frac{1}{2}$ lbs. cut about $\frac{1}{2}$ inch thick. Trim the edges and spread stuffing over it. Roll it up and tie together. Place 1 sliced onion and 2 diced carrots in the bottom of a baking or roasting pan. Put the meat in on top of the onion and carrots, and lay strips of bacon or suet over the top. Pour 1 cup boiling water or stock over the meat, cover closely and cook twenty minutes in a hot oven, then un-

cover and cook forty-five minutes or longer at a lower temperature. Baste often. Serve with a brown gravy made from drippings in the pan.

Stuffing.—One cup crumbs, dry or slightly moistened, 4 tablespoons melted butter, 2 tablespoons parsley, 2 teaspoons onion juice, 2 tablespoons chopped celery; seasoning.

MOCK DUCK

Cover half a round steak with dressing. Fold over and sew up or tie. Roast like above Rolled Steak. Sprinkle with salt before adding dressing.

FILET MIGNON

The tenderloin of beef is used for filet mignon. It is the under side of the loin, and the tenderest part of the beef.

Have filet cut into even slices, about 1 inch thick. Trim off the fat so that they are an even size. Broil three minutes with very hot fire, allowing one and a half minutes for each side. Serve with mushroom sauce. Broil longer if liked well done. Each filet may be wrapped in a slice of bacon fastened with a string or a tooth pick. Fry on the sides till bacon is brown, then lay filets flat in the pan or broiler. For mock filets wrap bacon around chopped round steak.

PAN BROILED OR "FRIED" ROUND STEAK

Place the steak upon a chopping board and *score* it well. This means cutting (with a knife or vegetable chopper) first in one direction, then another, without cutting clear through the meat, so it is well criss-crossed over the whole surface on both sides. Rub flour thickly all over the meat. Grease the pan with suet. Have the pan hot, and sear the meat well on both sides, then cover tightly, lower the heat, and let the meat cook slowly until it arrives at the rare, medium, or well-done state, whichever you like best. At the last, take off the cover that the steak may brown. Season a very few minutes before taking from the pan. A bit of butter dotted over the top of the finished steak will, of course, add to its flavor.

GERMAN ROULADEN (Rolled Beef with Ham or Salt Pork)

Pound about 2 lbs. (or the desired amount) of round steak cut a scant $\frac{1}{2}$ inch thick, season with salt and pepper, cut into 4-inch squares, spread a thin slice of ham (fat and lean) over each square, add sliced onions (and $\frac{1}{2}$ cup celery and 2 tablespoons minced green pepper if liked) over the ham; roll and tie firmly with a string. Instead of ham, $\frac{1}{4}$ lb. chopped salt pork may be used for

spreading. Place a medium-sized kettle over a moderate fire, and melt in it a good-sized piece of butter; roll the steak in the butter, pack closely together, cover well, and during the first ten minutes of simmering turn often; then pour on gradually enough boiling water for gravy; simmer two hours. Fifteen minutes before serving, brown and remove the rolls, then add $\frac{1}{3}$ cup flour, made smooth in water or sour cream. When done remove the strings, place the rouladen in a serving dish, and pour the gravy over.

SPANISH STEAK

Put $1\frac{1}{2}$ lbs. of round steak in casserole, 2 large onions cut in thick slices, 1 green mango, $\frac{1}{2}$ can tomatoes, 1 pt. peas, pepper, and salt. Bake for one hour in a slow oven.

SWISS STEAK

Two lbs. round steak, 2 inches thick. Pound in $\frac{1}{2}$ cup flour; season. Brown in drippings. Cover with boiling water, and simmer or bake slowly two hours. After first one-half hour chopped onions or tomatoes may be added.

STEAK WITH MUSHROOMS

If the steak is fried, add a tablespoon of butter and a tablespoon of flour, and stir to remove lumps. When browned together, add the juice from a can of mushrooms and, when thick enough, strain and add the mushrooms and salt. Serve as gravy or garnish for the steak. Large can of mushrooms for a 2 lb. steak is sufficient with the above amounts.

CASSEROLE STEAK

Chop the desired quantity of round steak into $\frac{3}{4}$ inch cubes. Fry these quickly in butter in a hot frying pan to sear in the juices. Remove promptly when seared, and place in the bottom of a casserole. Add salt and pepper. Place upon the layer of meat a layer of finely cut onions, carrots, and celery, the quantity depending somewhat upon the quantity of meat, but principally upon the number of people to be served and the extent of their love for onions. Salt and pepper again. Over the whole, empty a medium-sized can of tomatoes mixed with 1 teaspoon of sugar. Bake slowly for two hours at 300° F.

NOODLES WITH HAMBURGER

Make noodles with 3 eggs well beaten, adding $\frac{1}{2}$ teaspoon of salt and enough flour to make a stiff dough. Roll the dough thin and let it dry. Roll up and cut very fine. Boil noodles for a few minutes in hot water to which a little salt has been added. Fry

until brown 1 lb. of hamburger in butter, adding salt, pepper, onions, and celery. Mix 1 can of tomato soup and 1 cup of water with this, then add the drained noodles and finish cooking. The mixture may be placed in a greased casserole, covered with crumbs and grated cheese and baked half an hour.

STEAK WITH ONIONS

Cut $1\frac{1}{2}$ lbs. thick, round steak into serving pieces, roll each in flour, then brown in 2 tablespoons fat. Slice 3 large onions thickly, add 1 teaspoon salt, lay them on the meat, add 2 cups hot water, cover closely; bake or simmer on top of the stove until tender—one and a half to two hours. When the meat is about half tender, potatoes may be added, or serve with baked potatoes. Steak $\frac{1}{2}$ inch thick is tender in forty-five minutes, but is better when cut 1 inch thick and cooked one and a half to two hours.

BEEF (OR VEAL) BIRDS

Remove fat and bone from 1 lb. round steak. Sprinkle meat with salt, pepper, flour, and pound well, then cut in strips 2 by 4 inches. Roll each piece and dip in egg and crumbs, or roll up with a strip of bacon inside, and pin with a toothpick. Use the beef fat with butter and have very hot to brown the birds quickly, then add boiling water to cover bottom of pan. Cover and simmer till tender. An onion may be added to the water, and 1 tablespoon bread dressing may be put on each piece of beef before rolling. Or cooked rice with a speck of cheese and green pepper could be used in the center of each piece.

CREOLE STEAK

$1\frac{1}{2}$ lbs. round steak (or shin cut in pieces)	1 onion
2 cups tomatoes	4 sticks of celery if liked
	1 green pepper
1 cup macaroni (uncooked)	

Brown steak in 1 tablespoon fat. Add sliced onion, sliced pepper, and other ingredients. Add 1 cup hot water. Cover and simmer one and a half hours (Fine).

HUNGARIAN GOULASH

Use about 2 lbs. of some cheap cut of beef, free from skin, bones, and extra fat, and cut in about 1-inch pieces. Slice an onion and fry it with the meat pieces in a little fat until it begins to brown. Put a layer of this mixture in a kettle, cover with slices of raw onion, sprinkle with salt and pepper, add more of the meat mixture and onion until all is used. Cover this with cold water

and bring to a boil. Then turn in 1 pt. canned tomato, and simmer slowly or bake two hours—without stirring if possible—then add about 1 doz. small, pared potatoes, and cook until these are tender and ready to serve. Uncooked rice may be browned with the onion.

QUICK MEXICAN GOULASH

- | | |
|----------------------------------|---------------------------------|
| 1 lb. Hamburg steak | 1 cup diced celery and a gener- |
| 1 can Heinz spaghetti (in tomato | ous pinch of rubbed sage. |
| sauce) | 1 large onion (or more) |

Cook the onion and celery in salted water for ten minutes. Fry Hamburg in butter until brown, and add sage. Add onion and celery and spaghetti, and let simmer until ready to serve. Celery may be omitted, but be sure to season well. Serves 5 persons.

ITALIAN SPAGHETTI

- | | |
|------------------------------|------------------------------|
| 1 large box spaghetti | 1 lb. round steak, ground |
| 2 slices bacon, cut in small | 1 pkg. nippy cheese |
| pieces | 1 qt. tomatoes, strained (if |
| 2 onions sliced | quite juicy) |

Cook spaghetti in boiling salted water until tender. Fry out the bacon, and then take out the pieces, and put the onion in the grease and fry brown. Divide all ingredients in half and put one-half spaghetti in bottom of pan, then one-half of the bacon and onion, one-half of Hamburg, cheese, and tomato (chopped). Season with salt, pepper, and add 1 or 2 sweet peppers, if desired, then add the rest of spaghetti, bacon and onion, Hamburg, cheese, and tomato as before. Place in moderate oven. Bake one hour.

CHOPPED MEAT ROLLED IN CABBAGE LEAVES

- | | |
|----------------------------------|---------------------------|
| 1 lb. lean raw beef, chopped | 8 large leaves of cabbage |
| Salt and pepper to taste | 2 large tomatoes |
| Juice of 1 small onion | 1 onion, chopped |
| $\frac{1}{2}$ cup of cooked rice | 2 tablespoons vinegar |
| 2 tablespoons sugar | |

Season the meat highly with salt and pepper, add onion juice and rice. Soak the cabbage leaves in hot water a few minutes to make them less brittle. Roll a portion of the meat mixture in each leaf. Place them in a kettle with the rest of the ingredients, add a little water, and let simmer and stew until cabbage is tender and well browned.

HAMBURG WITH OLIVES

1 lb. Hamburg steak	1 cup catsup
12 olives	$\frac{1}{2}$ cup cold water
1 small onion	Salt and pepper

Combine steak, chopped onions, olives, and seasonings, and form into a round cake. Put in a pan and cover with catsup and water. Bake in a moderately hot oven (300° to 350° F.) for twenty-five minutes.

BEEF OR VEAL LOAF

2 lbs. round steak or veal	$\frac{3}{4}$ cup sweet milk, water, or thin tomato purée
$\frac{1}{2}$ lb. lean fresh pork	$\frac{1}{2}$ teaspoon pepper
$\frac{3}{4}$ cup cracker crumbs	Salt (about $\frac{3}{4}$ tablespoon)
2 slightly beaten eggs	

Mix well (if desired, add 2 tablespoons chopped onion, 2 tablespoons minced green pepper, 1 tablespoon chopped parsley, and $\frac{1}{2}$ teaspoon nutmeg). Do not pack the loaf too hard.

To make this loaf attractive when sliced, add enough hard-boiled eggs to place in a row through the center. To do this divide the meat mixture in two parts. Place one-half in the greased pan in long loaf shape. Press eggs end to end through the center in a row. Place remainder of meat on top, press into shape, covering eggs, and bake in shallow pan. Add a little water in the pan. Bake slowly about 1 hour, basting often. Minced onion may be added to beef. If liked more moist, add 1 cup more milk and bake in bread pan. One or two cups of button **mushrooms** may be added. **Veal** is especially good with the mushrooms and an extra cup of milk. Bake veal loaf $1\frac{1}{2}$ to 2 hours at 350° F. and baste often. If pork is not used add $\frac{1}{4}$ cup of butter. **Equal parts of ham and fresh pork make a good loaf; omit salt.** See Ham Loaf. **Leftover meat loaf** may be made attractive by covering with a thin white sauce, made richer by adding a beaten yolk of egg and garnishing with riced hard-boiled eggs and parsley.

MEXICAN HAMBURG

1 lb. chopped beef	1 cup rice (boiled)
1 teaspoon salt	1 cup tomatoes (drain)

Season and add crackers to mound. Cover with boiling water or stock. Bake one hour. Make gravy from broth, and serve with baked potatoes.

BAKED HAMBURG WITH VEGETABLES

Mix 2 lbs. chopped raw beef and 1 lb. medium fat pork with 2 cups stale bread crumbs, a little chopped celery, a finely chopped onion, a beaten egg, 2 teaspoons salt, pepper to taste, and enough

milk to moisten. Mold in a rather flat loaf, dust with fine dry bread crumbs, lay in a baking pan with a little shortening, and put around it 10 small onions and 6 potatoes, white or sweet, pared and halved. Over this pour about 1 cup beef stock or a little thin gravy, or, lacking this, some mashed tomatoes. Bake in a covered roaster about one and a half hours. Serve this meat loaf on a platter with the vegetables arranged around it. Thicken the gravy in the pan with a little flour and water, and serve separately.

TOMATO HAMBURGS

Grind 1 lb. round steak. Add 1 egg, 1 teaspoon salt, and a few bread crumbs. Season to taste. Mix all together with a little water, make into balls, and place in dripping pan. Make a cream sauce, add $\frac{1}{2}$ can tomatoes, pour over meat balls, and place in hot oven. Bake ten minutes, turn over, and bake fifteen minutes longer.

PLAIN HAMBURG CAKES

1 lb. chopped beef (part pork if liked)	$\frac{1}{2}$ cup milk
1 teaspoon salt and pinch of pepper	1 chopped onion
1 beaten egg	$\frac{1}{4}$ teaspoon celery salt, or 1 tablespoon chopped celery tops or $\frac{1}{4}$ clove garlic

Mix and dust cakes with flour. Sear in plenty of fat, then lower fire a little and fry till done, turning often. Garnish with parsley or fried green pepper. A bit of minced onion placed in the center of each cake before frying adds flavor and keeps them moist. One cup rice or soaked bread may also be added.

HAMBURG CAKES WITH POTATO

1 lb. chopped beef	1 scant cup mashed potato
$\frac{1}{4}$ lb. sausage or pork	1 teaspoon or more salt
1 egg	

BOILED MEAT BALLS WITH TOMATO SAUCE

To 1 lb. chopped beef add 3 handfuls rice. Season the meat and then add washed rice, and form into balls and drop into boiling water, and cook about one and a half hours in just enough water to boil. Then add 1 can tomato soup. Add onions if liked. Serve with mashed potatoes.

PRESSED BEEF OR VEAL

Use about 5 lbs. shins, shanks, or thin neck pieces that are rich in gelatin. Boil in slightly salted water until very tender. Remove the bone and coarse gristle, and pick the meat to pieces.

Skim the fat from the broth, and reduce it by boiling until you have just enough (about 1 cup) to cover the meat. When cold this will jelly. Put meat in a flat pan or bread tin, pour on hot broth seasoned with salt and pepper to taste, level it, and set away to harden. Cut in slices to serve. This dish may be varied by adding chopped celery, onions, parsley, strained tomato pulp, vinegar, or spices.

SURPRISE PRESSED BEEF

Put 2 or 3 lbs. of brisket to boil in enough water to cover, let it stew (not boil hard) until tender, then chop fine, season with salt, pepper. Return to the broth in which it was cooked; let simmer until the liquor is all taken up. Shred the meat. Put a layer of meat in a wet bread pan, arrange a row of whole hard-boiled eggs over this, then put the rest of beef over and press all around them. Cover and put a weight on it and let stand until cold, then slice down. Each slice should have a slice of egg in the center.

BRAISED SHORT RIBS OF BEEF WITH VEGETABLE SAUCE

Brown pieces of meat in a frying pan in hot drippings. When well browned remove to a closely covered kettle. Rinse frying pan with 1 cup hot water and pour over the meat. Cook two hours slowly on the top of the stove, or bake in moderate oven in covered casserole. Make the following sauce and pour over the meat. Continue cooking slowly another hour.

Sauce.—Melt 2 tablespoons drippings in frying pan. Brown $\frac{1}{4}$ cup chopped onion and $\frac{1}{4}$ cup chopped carrots; add $\frac{1}{2}$ cup chopped celery, 2 sprigs of parsley, 1 cup canned tomatoes, and 1 teaspoon salt. Cook five minutes and pour over the meat.

SOUR MEAT OR TONGUE

Three lbs. of lean beef from the rump or round, rubbed with salt and pepper, 1 teaspoon ground cloves, and $\frac{1}{2}$ teaspoon allspice; place in a stone jar or crock and cover with weak cider vinegar to which has been added $\frac{1}{2}$ lemon thinly sliced, 1 onion cut in pieces, and a bay leaf. Leave the meat in the pickle for three or four days, turning it several times, then wipe it dry and place it in an iron pot in which a little fat has been melted. Cover closely and simmer as you would a pot roast, using the vinegar pickle in place of water for a liquid if a sour taste is liked. Slice cold or serve hot.

MEAT POLENTA

1 lb. round of beef or top sirloin	$\frac{1}{2}$ cup cornmeal
1 egg	1 teaspoon salt
1 teaspoon minced onion	$\frac{1}{6}$ teaspoon pepper
1 teaspoon minced parsley	A speck of ground cloves
1 tablespoon flour	3 cups sifted stewed tomato
	1 tablespoon butter

Chop the meat fine. Add seasonings and the cornmeal; mix well, then add the egg slightly beaten, divide into ten portions and roll each into a ball. Have tomato boiling in a shallow pan, drop the meat balls into it, cover closely, and simmer one hour. Remove meat from the pan and thicken tomato with the flour rubbed smooth with the butter. Pour this sauce over the meat and serve with plain boiled or mashed potatoes.

CHILI CON CARNE

Fry 1 large onion and 1 lb. Hamburg, or 1 lb. round steak with $\frac{1}{2}$ lb. pork, till brown. Add 1 can tomatoes, 1 can kidney beans, 1 teaspoon salt, 2 cups hot water, 1 tablespoon chili powder, or a speck of cayenne and a pinch of paprika and pepper. Cook slowly two hours. A pimento and $\frac{1}{2}$ cup cooked rice may be added. It may also be thickened with 2 tablespoons flour mixed with a little water.

TONGUE

Wash clean, put in pot with water to cover, add salt and a small pod of red pepper. (If tongue is corned do not add salt.) Add hot water when needed, and boil four hours without piercing it with a fork. Take out, remove skin, and set away to cool. Soak salt tongue over night and cook the same way, omitting the salt.

TRIPE FRICASSEE

Make a cream dressing of 1 tablespoon flour, 1 tablespoon butter, and 1 cup milk. Cut the tripe into slices and season with salt, pepper, and lemon juice; then brown in butter, turn the sauce over it, simmer five minutes, and serve with boiled potatoes.

STEAMED STEW

One and a half lbs. lean beef (bottom of round), cut it into 1-inch pieces; shred 1 large onion and dice or slice 6 or 7 potatoes; dice 2 tomatoes or use 1 cup canned tomato; add a tiny pinch of soda and 1 teaspoon sugar. In a double boiler put a layer of potato, beef, and tomato, repeating until the materials are all used, and sprinkle each layer with salt, pepper, paprika, a bit of celery

salt, or curry powder if liked, and dredging with a very little flour. Cover with 1 cup—or more if preferred—of boiling water and steam four hours. Add a butter ball when you take up this stew, which has an individual flavor, entirely different from the directly boiled stews.

MEAT AND CORN CASSEROLE

1 cup canned corn	1 teaspoon chopped onion
1 lb. chopped beef or pork chops	1 cup stock
1 tablespoon butter	Salt and paprika
1 tablespoon flour	Bread crumbs

Brown onion in butter, add the flour, and brown it. Add beef stock; rub and stir till smooth, and add seasoning. Put the corn and meat in the baking dish in layers, seasoning each layer, and pour the sauce over all. Dot top with crumbs or grated cheese. Bake covered for one-half hour and uncovered for twenty minutes.

BEEF WITH PEAS

Cut 1 lb. round steak in small pieces. Fry with a small minced onion till brown in plenty of butter. Cover with hot water. Simmer or bake one hour. Then add 1 can peas. Thicken if desired.

DEVEILED CROQUETTES

2 cups boiled macaroni	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ teaspoon salt	1 egg
1 cup thick cream sauce	$\frac{1}{2}$ teaspoon onion juice
Large can deviled tongue	

Chop macaroni fine and mix with tongue and cream sauce and seasonings. Shape into croquettes, roll in egg and crumbs, and fry quickly in deep hot fat. Serve with tomato sauce or white sauce seasoned with tomato.

SOUTH CAROLINA RICE PIE

3 cups cooked meat	1 onion
2 cups rice	1 large potato
1 cup tomato	1 oz. fat salt pork
4 tablespoons butter	2 teaspoons salt
2 hard-boiled eggs	$\frac{1}{8}$ teaspoon pepper

If beef or veal is used, allow one-quarter fat; if mutton, trim away all fat and substitute 2 oz. butter. The meat should be cut in shavings.

Add cold gravy free from fat, and water enough to moisten well. Chop 1 onion, potato, and pork; blanch, drain, and fry gently to a light yellow; add to the meat with the seasonings;

sweet herbs or spice may be added. Let it heat through, stirring carefully. Season rice with 1 cup stewed and strained tomatoes. Turn the hashed meat into a buttered baking dish, place the rice over top carefully. Cut 2 eggs in four pieces and press them into the rice on top. Put a bit of butter on each slice and set in a moderate oven for one-half hour. Do not let the meat get too dry.

Make **chicken rice pie** in the same way, but leave out the potato; 1 cup rich milk may be substituted for the potato.

DRIED BEEF—COLLEGE STYLE

Put $\frac{1}{3}$ lb. dried beef in warm water, bring to a boil, drain, cut small, roll in flour, and fry brown in 2 tablespoons butter. Add 1 small can tomatoes, $\frac{3}{4}$ lb. chopped cheese. Cook till thick, and, if desired, stir rapidly and add 2 beaten eggs, a bit of Worcestershire sauce, and cayenne. Serve on crackers or toast.

CREAMED DRIED BEEF

Put $\frac{1}{4}$ lb. dried beef in warm water, bring to a boil, and drain as dry as possible. Roll in flour and fry in butter till brown, stirring constantly. Add about 2 cups milk and cook till thick enough. Pour over buttered toast and garnish with parsley or pimientos and olives. Or serve with baked potatoes.

FRIED BEEF KIDNEYS (VEAL or LAMB)

Wash a fresh kidney and cut in thin slices, rejecting all the hard white portions; lay in cold water containing 1 tablespoon of vinegar for one-half hour, drain, and dry in a cloth. Put 1 round tablespoon butter with 2 tablespoons drippings in a frying pan, and when very hot add kidney, stir and shake five minutes; season with salt and paprika, shake over 1 tablespoon flour, and when browned slightly add 1 cup water, stock, or gravy. As soon as a thick, smooth gravy has formed, finish the seasoning with 1 teaspoon lemon juice and 2 teaspoons minced parsley.

CASSEROLE HASH WITH MACARONI

Boil $\frac{1}{4}$ lb. macaroni in salted boiling water. Drain, put into a buttered baking dish, and sprinkle with grated cheese. Push the macaroni to the sides of the dish and fill the center with chopped meat well seasoned and mixed with a little water or stock. The seasoning may be onion, finely chopped green pepper, sausage, or herbs. If the meat is raw it should be cooked a little with the flavorings before being put into the baking dish. Cover the dish and heat in the oven.

VEAL

ROAST VEAL

The **leg**, **cushion** (thickest part of leg), **breast**, and **loin** are suitable pieces for stuffing and roasting. When leg is to be used, it should be boned at market. The breast pocket also should be cut by the butcher. Wipe meat, sprinkle with salt, $\frac{1}{2}$ minced clove of garlic and pepper, stuff with any preferred dressing, and sew in shape. Place on rack in dripping pan, dredge meat and bottom of pan with flour, and place around meat strips of fat salt pork. Bake two to four hours (according to size) in moderate oven, basting every fifteen minutes with $\frac{1}{3}$ cup butter melted in one-half cup boiling water, until used, then baste with fat in pan. Serve with brown gravy or mushroom sauce.

VEAL POT-PIE

3 cups cooked veal	1 teaspoon chopped onion
$\frac{1}{2}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper

Pile loosely in a 3-pint pan, almost cover the meat with gravy, stock or water, cover, and set on top of stove to heat. The liquid may be thickened with 1 tablespoon flour.

Crust

2 cups flour	3 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk
3 tablespoons butter	

Sift flour, salt, and baking powder, rub into it the butter, add the cold milk slowly, shape into a flat cake to fit the pan, cut a hole to let the steam escape, lay over the boiling meat and bake about forty minutes.

VEAL CUTLETS IN BROWN SAUCE

Veal that "melts in your mouth." Cut the veal into small pieces; dip in milk and crumbs; brown in 1 tablespoon butter, pour over it the brown cutlet sauce, and allow to simmer for about one and a half hours, or until tender.

Brown Cutlet Sauce

1 tablespoon butter	$\frac{1}{2}$ cup stock or water
$\frac{1}{2}$ tablespoon flour	$\frac{1}{4}$ teaspoon table sauce
$\frac{1}{8}$ teaspoon salt	$\frac{1}{4}$ tablespoon chopped parsley.

Prepare as any brown sauce, by browning the butter, adding the dry ingredients, and blending well. Add the liquid slowly and let it boil for one minute. Remove; add the table sauce and parsley, and pour the brown sauce over the cutlets, and simmer.

VEAL CUTLETS EN CASSEROLE

Cut 2 lbs. of veal in pieces 2 inches square and brown quickly in hot fat. Turn into a casserole. Make a smooth paste of 2 tablespoons flour, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper and paprika mixed with a little stock. Stir in 1 cup of thick sour cream, and stir until slightly thick. Add 1 tablespoon of onion juice and $\frac{1}{3}$ cup of chopped mushrooms. Pour over the meat in the casserole, cover, and bake in a slow oven for one hour.

BAKED VEAL

Cut veal or pork steak into thick pieces $1\frac{1}{2}$ inch square. Place in buttered pan. Add a few tablespoons water. Make batter with 1 pt. flour, salt, about 1 cup milk, and 1 egg beaten. Season the veal and cover with the batter. Bake in slow oven one hour.

VEAL SUPREME

Select small veal steaks, allowing one for each person, season them well with salt and pepper, dip in flour, and sauté in butter for a few moments; then mix together 1 teaspoon of paprika, 1 tablespoon flour, $1\frac{1}{2}$ cup sour cream, and $\frac{1}{2}$ cup stock or water. Strain over the meat and cover closely, then simmer very slowly on the back of the range for fifteen minutes. Serve garnished with fried or boiled noodles.

VEAL CROQUETTES

(Any other meat may be used)

Melt 4 level tablespoons butter. Add gradually stirring constantly 5 level tablespoons flour. When bubbling, but not brown, slowly add 1 cup cold milk or veal broth. Cook till thick, stirring well, and mix with 2 cups chopped, well seasoned, cooked veal. (Cook 2 lbs. cheap meat slowly till tender. Remove all gristle, and grind.) A beaten egg may be added to the mixture if desired. When cold, make into croquettes; roll in fine, dry bread or cracker crumbs till thoroughly coated, then in beaten egg (adding 1 tablespoon cold water to each egg needed); roll again in the crumbs. Let stand on oiled paper in cool place to dry for one hour or more. Fry in deep hot fat at 400° F. Do not fry more than three at once, for the temperature is easily lowered and then the croquettes burst. Garnish with parsley and serve with tomato or mushroom sauce and Pittsburg potatoes or curried vegetables.

MOCK TERRAPIN (VEAL or LAMB)

1½ lbs. knuckle of veal or shoulder of lamb	1½ tablespoons flour
2 cups water or stock	½ cup cream or top milk
1 small onion	2 hard-cooked eggs
1½ tablespoons butter or vegetable fat	½ teaspoon salt
	⅛ teaspoon pepper
	1 tablespoon Worcestershire sauce

Trim off any superfluous fat and simmer the meat with the onion and water till tender—about one hour. Melt the butter or fat, add the flour to it and, when slightly browned, cover and add the liquid in which the meat was cooked. If it is less than 1½ cups make up the quantity with water. Stir until boiling, cook for five minutes, add the salt, pepper, sauce, the eggs coarsely chopped, and the cream or top milk, also the meat cut into large dice. Allow these to stand in the sauce till hot, but do not allow the meat to boil.

BROWN FRICASSEE OF VEAL

2 lbs. shoulder of veal	1 cup cooked peas—fresh or canned
2 medium-sized onions	
8 young carrots	3 tablespoons fat
1 cup diced celery or ¼ tea- spoon celery seed	3½ cups water
1¼ cups rice	1 teaspoon salt
2 tablespoons flour	¼ teaspoon grated lemon rind

Wipe the meat with a damp cloth, cut it into pieces the size of a small egg, roll them in the flour, salt, and pepper which have been mixed together. Heat the fat in a saucepan, cook the meat in it until browned. Slice the onions and cook these also in the fat. Add the water, cover closely, and simmer one hour. Scrape the carrots, cut them into halves lengthwise, and add them with the diced celery if this is used, or the celery seed tied in a small piece of cheese-cloth. Cook all together one-half hour.

If desired thicker, 1 tablespoon flour moistened with cold water may be added ten minutes before serving, at which time add also the peas and the grated lemon rind.

Cook the rice separately in boiling salted water, drain, and make a border of the rice round the edge of the serving dish, and arrange the meat and vegetables in the center.

DELICIOUS VEAL

6 small veal cutlets or chops	3 tablespoons melted butter
2 tablespoons flour	4 tablespoons other fat
Salt and pepper	

Wipe the veal and pound to make it tender. Put the flour, salt, and pepper in a bowl with melted butter. Spread this over

the meat and allow it to stand for one hour. Put the fat in the frying pan and cook the veal in it from eight to ten minutes. Serve with brown butter, lemon, and capers.

VEAL SAUTÉ WITH BACON CRISPS

Veal cutlets are delicious cooked by a sort of half-sauté method, because veal should be very thoroughly cooked if it is to be digestible. Cut them into size for serving, and pound each piece flat, then sprinkle it with a few drops of lemon juice and leave to marinate in this for one hour. Then egg and crumb in the usual manner, first seasoning the meat nicely, and let it stand while $\frac{1}{2}$ doz. or more slices of bacon are fried until they curl and become crisply brown. Remove the bacon from the frying pan and set it in the oven to keep warm, place the meat in the pan and let it cook slowly to a rich brown in the bacon fat (about seven minutes for each side). Arrange bacon and veal on warm platter.

FANCY JELLIED TONGUE LOAF

Boil 1 beef tongue or 3 calf tongues till almost tender in salt water. Cool and skin. Boil till done in broth seasoned with pepper, several cloves, and bay or laurel leaves. Also cook 2 lbs. lean veal, and a large knuckle for gelatin. Simmer slowly for about two hours in 1 qt. water, then boil down to 1 cup broth. If more broth or jelly is wanted, boil less and add 1 tablespoon soaked gelatin to 2 cups of the broth while hot. Boil about 10 eggs hard.

In a bread pan put a layer of chopped tongue, then chopped yolks, chopped veal, and chopped whites. Pour broth over this and chill. A bit of pimiento may be added for color. This is an unusually attractive loaf.

JELLIED VEAL (or CHICKEN)

1 pt. cooked veal diced	Onion
1 pt. veal stock	Celery tops
1 tablespoon gelatin dissolved in cold water	Bay leaf
	Salt and pepper

Cook a knuckle of veal that has about 2 lbs. meat on it. Cool, cut off meat, and strain the stock. Rinse individual molds in cold water. Place in the bottom a bit of parsley and a slice of lemon, or a nasturtium blossom. Cover lightly with diced veal. Mix the veal stock which has been seasoned highly with onion, celery, and a bit of bay leaf. Add gelatin. Pour into molds and set away to cool, serve on lettuce or nasturtium leaf.

OLD ENGLISH VEAL STEW

2 lbs. veal	6 onions
Water	6 apples
½ lb. butter	1 teaspoon curry powder
Salt and pepper to taste	

Cook until tender 2 lbs. of veal cut into pieces for serving. Use enough water so that gravy may be made. Fry in butter 6 onions, cut up. Cook until onions are almost done, then add apples, cut up. Cook until tender, then add curry powder, salt, and pepper. Thicken the gravy on the meat and add the onions and apples. Serve with plain cooked rice.

CHIPPED VEAL

Remove all skin, meat, and tough bits from 3½ lbs. of veal cutlet. Cut meat into 2-inch long, match-shaped pieces. There should be 4 cups.

Fry 2 chopped onions in 4 tablespoons butter. When nicely browned, add the veal, and stir constantly until it changes color and there are a few spoons of juice in the pan. Season with salt and pepper. Dredge with 4 tablespoons of flour. When well mixed, pour in 2 cups medium cream. Cook for twenty minutes, then let simmer slowly for an hour or more, adding liquid if needed.

VEAL SOUFFLÉ

1 cup chopped cooked veal	3 eggs beaten separately
¼ cup chopped bread crumbs	2 tablespoons butter
softened in a little water or	2 tablespoons cornstarch
milk	1 tablespoon flour
1 cup hot milk	½ teaspoon salt

Cook the flour, butter, cornstarch, milk, and seasonings to a smooth sauce. Add the veal and crumbs, and remove from the fire. Beat the yolks of 3 eggs, add to the mixture, and then fold in the stiffly beaten whites. Pour into baking dish and place in a pan of hot water in rather hot oven thirty or forty minutes. Serve with tomato or mushroom sauce.

VEAL MUSHROOM FRICASSEE

Cut a veal cutlet, 1 inch thick, in pieces about the size of a French chop. Roll in well-seasoned flour and brown in frying pan in ¼ cup of fat, then add 1 cup hot water. Add a few slices of onion and 1 green pepper, sliced. Simmer for one-half hour.

Sauce.—Melt 3 tablespoons butter, and to this add 1 can of mushrooms with juice. Heat five minutes, then add 3 tablespoons flour and 1½ cups milk. Stir carefully until smooth. Season and pour over cutlets.

NEBRASKA VEAL WITH OYSTERS

Allow $\frac{1}{4}$ lb. of veal to each serving. Use a cut from the round about 1 inch thick. Pound well, pounding in some flour, salt and pepper, and a saltspoon of sage. When the meat is pounded enough, take a sharp paring knife with a pointed blade and make small pockets in the meat, being careful not to cut clear through. Into each pocket put one or more small oysters that have been salted. Lay the meat in a suitable baking pan and brown on both sides in fat. Add 2 cups of hot water, cover the pan, and bake until tender.

FRENCH ROULETTES WITH PEAS

Cut veal steak in pieces the size of the hand, salt and pepper on both sides, and fill with a dressing made of meat scraps, onions, cracker crumbs, and beaten eggs. Roll the meat and tie with a string. Fry to a golden brown in butter. Add water and let simmer for half an hour.

Make gravy of 1 tablespoon butter, 1 tablespoon flour, browned, then add water. Add to this 1 large tomato, a bay leaf, a few cloves, and a whole onion, and salt and pepper to taste. Add to the roulettes and cook together slowly for one and a half to two hours. Thirty minutes before dinner take half the gravy and pour over a can of drained peas. Let simmer slowly. Remove the strings from the roulettes before serving.

MOCK QUAIL

Cut veal steak in pieces about 4 by 6 inches, trimming, and removing the round bone. Season well. Make a dressing with crumbs (both bread and cracker), 1 tablespoon butter, small pinch of sage, salt, pepper, onion, bacon cut fine (and any bits of veal or other cooked meats ground fine), and 2 tablespoons lemon juice. Moisten with an egg well beaten and a small amount of hot water if necessary. Place a small tablespoon of this dressing on each piece of veal, roll up and tie as a roast from end to end in shape of a small quail or bird. Roll bird in flour and brown in hot fat. Remove to casserole. Add 1 tablespoon butter to spider in which birds were browned; when melted, rub in flour, add hot water or soup stock to consistency of very thin gravy. Pour over birds, add celery cut in fine pieces, cover closely, and bake slowly two hours. Cream can be added to gravy when removed from oven if desired.

VEAL—INDIA STYLE

Sear a slice of veal in hot dry pan sprinkled with salt, then take it out and cut into pieces $1\frac{1}{2}$ inches square. Fry 2 sliced onions in lots of butter or drippings till brown. Remove the onion, then put

the meat into the hot, flavored fat, add 1 teaspoon curry powder, and cover with boiling water. Simmer till tender, thicken the broth, and add 1 teaspoon vinegar. Serve with rice.

CREAMED SWEETBREADS

Heart sweetbreads are best. Remove from paper at once and soak in cool water one hour. Drain. Cook gently twenty minutes in 1 qt. boiling water, 1 tablespoon vinegar, 1 teaspoon salt. Then blanch in cold water five minutes. Remove membranes. Leave whole or cut in small pieces. Brown in butter, add a little hot water, and simmer one hour or more. Serve with white sauce to which a bit of salad dressing is added.

BROILED SWEETBREADS

Parboil the sweetbreads, remove any membranes, slice lengthwise, sprinkle with salt and pepper, place slices on hot broiler over quick fire and broil five minutes, turning once; remove to hot platter and serve with peas and toast. Or they may be dipped in egg and crumbs and fried.

CALVES' BRAINS

To prepare, follow the directions as given for sweetbreads. When prepared they may be dipped in egg and milk, rolled in bread crumbs, and fried slowly in deep fat or added to a cream sauce and served in paté shells. When fried, tomato sauce may be served with them.

BEEF OR CALVES' HEARTS

Wash, trim, remove the large arteries and clots of blood from 4 calves' hearts; stuff, allowing for each heart 1 tablespoon bread crumbs well seasoned with thyme, onion juice, salt and pepper, and moisten with melted butter. Lard the sides with bacon, brown them, stand on end in a small baking pan, half covered with boiling water. Cover closely and bake slowly two hours. Baste every fifteen minutes. When done, remove hearts to a hot, deep platter, and thicken the broth with flour moistened in cold water. Boil up and pour gravy over the hearts on the platter.

BAKED LIVER

One and a half lb. calf's liver in one piece (enough for five persons). Soak ten minutes in weak salt water, take off thin white skin, score about 1 inch apart, lay slice of fat bacon in each score and 2 or 3 slices around liver. Season, bake until done. Have sweet potatoes boiled. Slice lengthwise once, lay in pan, and brown. Make gravy of browned flour and water.

FRIED LIVER AND BACON

2 oz. breakfast bacon
 $\frac{1}{2}$ lb. liver

1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Have the bacon cut in as thin slices as possible and keep it cold until the time to cook it. Have the liver cut into slices about $\frac{1}{3}$ inch thick. If it be calf or sheep's liver, wash it in cold water and let it drain; but if it be beef liver, after washing it cover with boiling water and let stand five minutes; then drain it. Roll in flour.

Put the pieces of bacon into a hot frying pan and turn them constantly until they are crisp; then take them up. Draw the pan back to a cooler part of the range, and, laying the slices of liver in the hot fat, cook them for eight minutes, turning often. Season with salt and pepper. Arrange the liver on a warm platter and garnish with the bacon. Make milk gravy and serve with baked potatoes.

Remember that slow cooking spoils bacon, and rapid cooking hardens and ruins liver.

BRAISED LIVER

Calf's liver	$\frac{1}{2}$ cup stewed or fresh tomato
Bacon	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup carrot, diced	4 cloves
$\frac{1}{2}$ cup celery, diced	Small bay leaf
$\frac{1}{4}$ cup onion, diced	Salt and pepper

Braised meat is covered closely and cooked in its own juices over a bed of vegetables. Make small gashes in the rounded surface of a calf's liver. Tie strips of fat bacon over the cuts, season with salt, pepper, and dredge thickly with flour. Put vegetables in a small roaster or 4-qt. stew pan. Put in the meat, add the spices tied in a cloth and $1\frac{1}{2}$ cups of water. Cover and cook over low flame two hours, tilting the cover the last fifteen minutes. Remove the spices and thicken the sauce with a flour paste if it is too thin. Serve the meat on a bed of rice with the vegetable sauce poured around it. Decorate the platter with a bit of green, either parsley or cress or feathery carrot tops.

TONGUE SAUTÉ

(See Corned Beef for Corning Tongue)

Dip $\frac{1}{2}$ -inch slices of corned tongue in egg and cracker crumbs, brown in butter. Serve with creamed potatoes and stuffed baked tomatoes.

PORK

SPARE RIBS

Lay in greased pan, sprinkle with salt, and roast in moderate oven about one hour. They may have bread dressing spread between them before baking. They may also be boiled alone or with sauer kraut.

ROASTED FRESH HAM

Sear the meat for thirty minutes in a hot oven (500° F.), and then cover and roast for an hour in a moderate oven. Now season it well, and put diced celery and sliced onion over the roast (and maybe 1 or 2 cups of stewed tomatoes). Continue roasting until done, which will figure about an average of thirty minutes to the pound.

This fresh ham roast may be done with cider, too, by dredging the meat first with flour and then proceeding as before until after the hour is up. Now add 2 cups of sweet cider to the pan and baste the meat regularly, adding cider if necessary. When done, remove the roast and make a sauce of the cider left in the pan.

ROAST PORK LOIN (or FRESH HAM)

Two and a half lbs. loin rubbed all over with a mixture of 2 tablespoons flour, 2 teaspoons salt, dash of pepper. Bake in hot oven uncovered, about thirty minutes, then add little hot water and lower fire, and bake forty minutes more. Baste and turn several times. (Whole fresh ham requires about three hours.) The **tenderloin** may be split, filled with bread dressing, covered with sliced bacon surrounded with apple rings, and baked about 1½ hours at 400° F.

PORK TENDERLOIN WITH SWEET POTATOES

Brown tenderloin in greased baking dish in hot oven. Season, add a little hot water, and baste often for forty-five minutes. Slice boiled sweet potatoes lengthwise, add to meat, bake till brown, basting often with hot water in pan.

PORK TENDERLOIN À LA SWISS

2 lbs. pork tenderloin	1 tablespoon vinegar
2 onions	1 tablespoon sugar
¼ cup butter	Pinch of cloves
1 pt. tomato soup or pulp	¼ teaspoon cinnamon
½ pt. water	Small piece bay leaf

Salt and pepper

Brown the sliced onions in butter in a heavy frying pan. Remove the onion, brown the Frenched tenderloin slices on both

sides. Add tomato, water, seasonings, and onions. Cover closely and simmer until the meat is tender—about thirty minutes.

CREOLE SAUSAGE OR WIENERS (MEXICO)

1 qt. peeled tomatoes (or canned)	1 small onion
$\frac{1}{2}$ teaspoon salt and dash of pepper	6 pork sausages (or wieners with 1 teaspoon butter)

Prick skins well and bake or simmer all together about one-half hour. Serve hot. Sliced tart apples with a bit of butter, sugar, and cinnamon may be used instead of tomatoes.

COMBINATION STEW

$\frac{1}{2}$ lb. pork steak	$\frac{1}{2}$ lb. round steak
$\frac{1}{4}$ lb. veal steak	

Cut in pieces, salt, and roll in flour. Brown in hot fat, add hot water to cover, and simmer one hour or more. Add potatoes and any other vegetables one-half hour before removing from fire.

PORK STEAK

This may be used in pork chop recipes. It is good also prepared like Beef Steak Smothered in Onions. Pork steak or chops, after searing, may be covered with apple rings and roasted or simmered with a little water till tender—forty-five minutes to one hour.

PORK STEAK WITH POTATOES

Select enough pork steak or chops for your meal, and a dripping pan in which the meat will lie flat. Butter the dripping pan. Peel potatoes and run them through the food grinder raw. Heap them in the dripping pan until it is about three-fourths full. Butter and season to taste. Over the potatoes lay the steak or chops and bake until the potatoes are cooked and the meat brown. If onions are liked, lay a layer of halved onions over the steak, then more seasoning and buttered crumbs. Bake about 1 hour at 350° F.

LUNCHEON NOODLES WITH PORK

$1\frac{1}{2}$ lbs. ground, lean pork	1 can tomato soup
1 pkg. egg noodles	1 can water
$\frac{1}{2}$ lb. cheese	2 small onions

Cook the noodles for twenty minutes in salted water; drain. Cook meat and onions together until brown. Mix all ingredients together, and season with salt and pepper. Bake one-half hour in a slow oven (350° F.).

WISCONSIN PORK CHOPS

Trim the fat from thick pork chops. Fry it out and, for seasoning, brown a sliced onion and $\frac{1}{2}$ cup raw or canned tomato in the fat. Skim out the tomato and onion when browned (or they may burn while the chops are browning). In another pan brown about $\frac{1}{2}$ cup flour in 2 tablespoons butter, and roll the chops in the browned flour. Fry the floured chops in the hot fat till brown, then cover with hot water, and simmer one hour. Add more water if necessary. Fine served with baked potatoes or buttered boiled spaghetti.

PORK CHOPS WITH DRESSING

Sprinkle with salt and pepper and lay chops in greased pan. Fry a chopped onion in butter. Soak 2 or 3 cups bread crumbs in milk and squeeze lightly; add onion, 1 beaten egg, dash of celery salt, dash of paprika. Mix and spread on each chop. Bake till chops are done, about forty-five minutes.

PORK CHOPS WITH CORN

Add 1 cup or more canned corn to above dressing. Put chops and dressing in buttered baking dish in layers; 1 lb. chopped beef may be used instead of pork chops.

ROCHESTER PORK CHOPS

Select 6 thick pork chops; trim, roll, and skewer into shape. Put in a small baking dish, sprinkle with salt and pepper, and add hot water to half cover them. Cover and bake in a moderate oven about one hour or until tender. To $\frac{3}{4}$ cup dry bread crumbs, add 3 tablespoons melted butter, and a few grains of salt. Sprinkle the chops with prepared crumbs and bake uncovered until the crumbs are brown. Arrange on a hot platter, pour over them the brown gravy, and garnish with baked apples.

DIXIE PORK CHOPS

Lay pork steak or chops in greased iron frying pan, cover with layers of uncooked rice, sliced onions, sliced tomatoes, and sliced green peppers. Cover with water and cook about one and a half hours very slowly.

CONNECTICUT PORK CHOPS

If you feel that pork chops are indigestible, try them cooked this way. Select chops off the rib instead of the loin and as lean as possible. Pare off a little of the fat from each chop and try it out in a frying pan. In this fat, over a fairly hot fire, sear the chops on both sides. Remove from pan and make a flour gravy with the

fat and essence in the pan, adding a few drops of kitchen bouquet to give the gravy the rich brown appearance which is always more tempting. Put the chops back in the gravy, cover, and set into the oven with the heat turned very low (about 225° F.). At the end of two hours the chops taste very much like chicken.

KERNELS OF PORK

Remove the lean portion from thick pork chops, sprinkle with salt, and sauté till tender in a frying pan rubbed over with hot fat. Remove to serving dish, add 2 tablespoons flour to fat in pan, and stir until brown. Add 1 cup stock or water, stir, and cook five minutes, season with salt and pepper and pour around the pork.

CHOPS WITH APPLE

Sear and brown the surface of chops. Lower the flame and cook chops slowly. While they are broiling put on slices of cored apple. Brown the apple and serve with the chops.

PORK CHOPS EN CASSEROLE WITH SWEET POTATOES

6 pork chops	Salt and pepper
6 sweet potatoes	$\frac{1}{2}$ cup brown sugar
1 to 2 cups milk	

Place a layer of sweet potatoes, sliced crosswise, in a greased casserole, dust with salt, pepper, and a little brown sugar; continue the layers until the casserole is about two-thirds full. Heat the milk and pour it over the potatoes; it should just cover them. Place the pork chops on top of the potatoes, cover and bake for one hour, then remove the cover and season with salt and pepper. Leave the cover off, and cook until the chops are tender and nicely browned on top.

VIRGINIA HAM (BOILED AND BAKED)

Select a ham well streaked with fat; soak in cold water overnight if possible. Then cover with fresh cold water, bring to boil, add $\frac{1}{2}$ cup brown sugar (1 cup for extra large ham) and simmer four to six hours. Skin while warm (and let cool in the broth if possible). Then stick a few cloves in the fat, and pour brown sugar syrup over the ham and brown in the oven (300° F.) one hour, basting often. Syrup from spiced peaches or a mixture of 1 cup weak vinegar, 1 cup water and 1 teaspoon mustard may be used, and a mixture of $\frac{1}{2}$ cup flour and $\frac{1}{2}$ cup brown sugar may be rubbed over the ham before baking. Keep the fat side up. For the last hour of baking, slices of pineapple, apple, or orange may be

placed around the ham, and pineapple juice may be used for basting. Some prefer a thick flour and water paste (see recipe below) for covering the ham.

HAM BAKED IN CIDER

Wash and scrape a 10 lb. ham. (Boil before baking if desired; then bake only about an hour in the crust, and one-half to one hour with crumbs.)

Drain the ham dry, and over the fleshy side sprinkle a little ground cloves, 1 teaspoon of cinnamon, and $\frac{1}{2}$ teaspoon of ginger. Cover the ham with a thick paste of flour and water. Put skin-side down in a roasting pan and fill the pan with cider. Bake slowly for four or five hours at a temperature of 300° F., basting often. Then remove the paste and rind, return the ham to the baking pan, flesh-side down. Brush the fat portion with beaten egg, sprinkle generously with chopped parsley and bread crumbs, and bake another hour or longer. Make a gravy by boiling down the cider in which the ham was first roasted. Serves 20 people.

POUNDED HAM

The slice of ham should be cut nearly an inch thick, trimmed neatly, and soaked for two hours in cold water to which enough vinegar or cider has been added to make it slightly tart. Then drain and wipe it dry; next cover it with dark brown sugar, and pound this well into the meat on both sides. Be generous with both the sugar and the mallet. Place in a roasting pan, pour just a little water about it, cover the surface with more sugar, stick two or three cloves into it, and bake gently for two hours. Make a sauce from the liquid.

SCALLOPED HAM WITH POTATOES

$\frac{1}{2}$ lb. smoked ham, cut in inch pieces	2 cups milk or thin white sauce
1 qt. sliced raw (or diced boiled) potatoes	Pepper (a dash or more)
	Buttered crumbs and grated cheese

Arrange the potatoes and the ham in layers in a buttered baking dish, sprinkling each layer with pepper. Add the milk, sprinkle dry buttered crumbs and cheese on top, and bake in a moderate oven until the potatoes are tender. If necessary add more milk. Raw ham or leftover cooked ham may be used.

HAM FRITTERS

2 cups bread crumbs	1 cup milk
2 cups chopped boiled ham	$\frac{1}{4}$ teaspoon soda
2 well-beaten eggs	Salt and pepper to taste

Mix ingredients well together with enough flour to make a batter that can be dropped from a spoon. Drop by tablespoon into hot fat and fry a delicate brown. Serve hot.

HAM SLICE BAKED IN MILK

Use rather thick slice of smoked ham. If very salty put in cold water, bring to boil, and drain. Rub with a mixture of 2 tablespoons brown sugar and $\frac{1}{2}$ teaspoon cloves. Put in greased pan, cover with milk, and bake twenty minutes or longer in moderate oven. Be careful not to burn.

CHICAGO HAM

Mix 2 tablespoons brown sugar with 2 teaspoons dry mustard, and rub into a slice of ham $1\frac{1}{2}$ inches thick that has been gashed lightly. Mix 2 tablespoons vinegar and $\frac{1}{2}$ cup water. Pour over the ham and bake rather slowly in greased pan about forty-five minutes. Watch carefully, it burns easily.

SLICED HAM BAKED WITH APPLES OR PINEAPPLE

1 slice ham ($\frac{1}{2}$ -inch thick)	2 tart apples, or oranges, or
6 cloves	3 slices of canned pineapple
2 tablespoons brown sugar	

Wipe ham with damp cloth, and stick with cloves. Place in greased baking dish and surround with apple rings, pineapple, or thin orange slices which have stood one-half hour in the juice of a lemon mixed with 2 tablespoons sugar and a dash of salt and paprika; sprinkle with sugar, pour over ham 1 cup hot water or fruit juice. Bake in covered dish forty-five minutes. Pretty served with spinach.

SLICED HAM, CLUB STYLE

Slice of ham 1 inch thick	1 teaspoon sugar
1 tablespoon lemon juice	Apples cored and sliced $\frac{1}{2}$
2 tablespoons water	inch thick, or
Canned pineapple slices	

Cover with water and parboil the ham in frying pan for fifteen minutes. Drain, place in greased pan. Mix lemon juice, water, and sugar, and pour one-half over the ham. Brown on one side and turn, adding remainder of the flavoring. Broil ten minutes to a side. Cored apple or pineapple slices may be browned with the ham.

FLORENTINE HAM

Put a layer of cooked spinach, well seasoned, on serving platter. Cover with fried ham cut in individual pieces. Make 1 cup of white sauce, add 1 egg yolk and 1 tablespoon grated cheese. Pour over the ham, sprinkle with grated cheese, and put under the gas flame for a minute or two until cheese melts.

PIQUANT HAM EN CASSEROLE

1 cup chopped cooked ham	1 teaspoon chopped parsley
2 cups hot mashed potatoes	$\frac{1}{2}$ teaspoon mustard
1 teaspoon chopped onion	6 chopped olives
$\frac{1}{2}$ cup milk	

Mix all ingredients, season carefully, turn into buttered casserole, cover with buttered crumbs, place over low flame, bake twenty minutes with cover slightly tilted. Serve very hot.

HAM-AND-TOMATO CASSEROLE

Into a casserole place a thick slice of ham having the smoked surface trimmed off. Add 2 cups of canned tomato, or slice 4 large fresh ones over the ham. Add 1 chopped green pepper, 1 small onion sliced, 6 whole cloves, and a bit of bay leaf. Bake in a moderate oven (300° F.) for one and a half to two hours. Pour off the liquid, strain, and thicken for a sauce to serve with it.

HAM ENDS OR LEFTOVERS

(Also see Leftovers)

Ham Crisps.—Brown thin slices or shavings of cooked or raw ham. Mix with a hot cream sauce. Or pour off part of the fat, and to the rest add 1 cup tomato or tomato sauce. Scrape and stir well to get all of the "brown" off the frying-pan and pour the sauce around the crisps of ham.

Ham Cakes.—Mince cooked ham, add to mashed potato, an egg, and seasonings; mold and fry like fish-cakes.

Ham Pie.—A very small end of a ham may be boiled, the meat minced, and sprinkled between layers of mashed potato in buttered glass baking dish; the top layer of potato ornamentally creased with a fork and bits of butter added. Brown in a hot oven.

Ham Roll.—Measure out 2 cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons fat, and $\frac{3}{4}$ cup milk and mix as for baking powder biscuit. Roll into $\frac{1}{4}$ -inch thick rectangular shape. Spread with chopped cooked ham and ham gravy. Roll up and cut in 1-inch slices as for cinnamon rolls. Bake in a moderate oven forty minutes. Serve hot with white or brown sauce.

POTTED HAM FLAKES

Roll rich pastry dough until paper thin and cut with a small biscuit cutter. Spread one round with potted ham, top with another round, and bake until a light brown in a quick oven. Serve hot.

PLAIN HAM LOAF

Mix 1 lb. ham, 2 lbs. fresh pork, ground; 1 slightly beaten egg, about 9 well-broken crackers, 1 cup milk. Bake one and a half hours at 350° F.

CLUB HAM LOAF

$\frac{1}{2}$ to 1 lb. smoked ham	1 egg (well beaten)
$\frac{1}{2}$ lb. round steak (more if liked)	$\frac{1}{2}$ cup bread crumbs
	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ lb. pork steak	1 green pepper (finely chopped)
Grind all together	if desired

Mix ingredients in the order given and bake in a moderate oven from forty-five minutes to one hour.

CREAMED SALT PORK

$\frac{1}{2}$ lb. salt pork	2 tablespoons cornmeal
4 tablespoons flour	$1\frac{3}{4}$ cups milk
$\frac{1}{8}$ teaspoon pepper	

Slice the pork in thin pieces and dip first in the flour and then in the cornmeal. Fry until it is a golden brown on both sides. Place on a warm platter. Pour all but $2\frac{1}{2}$ tablespoons of the drippings from the frying pan. Put the rest of the flour in the pan, add the pepper, and use the milk in making a cream gravy. Pour this over the fried pork and serve with fried apples and baked potatoes.

BROILED BACON

Bacon cooks better if it is well chilled before starting. Quick cooking needs such care that slow cooking seems best because it is not likely to burn before it can be turned.

Place the cold slices on the cold broiler rack, which is set 5 inches below the flame. Gas for a moderate oven, or 325° F., is turned on. Turn bacon frequently. It is done in seven minutes.

PAN-BROILED BACON

Place bacon slices in a frying pan over a low heat. Keep fat below the smoking temperature. Turn slices at intervals, draining off the excess fat occasionally, so that the bottom of the pan only is well greased. When the bacon is a light golden brown and evenly crisped, remove from the pan to a hot platter. This requires ten minutes.

OVEN COOKED BACON

Place cold slices in a dripping pan and set pan on the rack in the center of a hot oven, 450° F. Best results are obtained when the bacon is turned frequently and the fat drained off. Takes five minutes.

BACON AND CORN

Cut corn from cob. Have bacon sliced very thin and fry. Take up bacon, pour out extra grease, and fry 1½ cups corn. Brown nicely, stirring to prevent burning. Serve both on platter, piling corn in center surrounded by the crisp slices of bacon garnished with parsley.

BACON WITH GRAVY

Soak bacon in milk for twenty minutes before frying it, then lift it out, dip in flour, and fry in hot greased frying pan. After frying, remove bacon, pour off all grease and stir into frying pan 2 tablespoons flour, gradually adding the milk the bacon was soaked in, season with salt and pepper. When sauce is thick, pour it over bacon and serve at once.

LUNCHEON BACON

Beat 1 egg thoroughly, add 1 tablespoon flour, and 1 teaspoon baking powder. Fry strips of bacon crisp and drain on brown paper. Dip strips in egg and flour mixture and drop back into hot fat until a golden brown. Good with corn muffins.

BACON AND BANANAS

Broil slices of bacon, put on a hot platter. Have ready 2 or 3 peeled bananas cut into rather thick rounds. Drain off nearly all the bacon grease. Sprinkle lightly with sugar and brown the slices on both sides. Heap the bacon and arrange the border of bananas around it. Serve very hot.

BACON WITH PRUNES OR OLIVES

Soak large prunes till soft. Seed them and wrap a strip of bacon around each prune or large seeded olive and fasten with a toothpick. Fry till bacon is brown.

AMERICAN CHOP SUEY (For 6 Persons)

One-half lb. lean pork steak, ½ lb. lean veal steak. Cut into tiny slices or cubes, roll in flour, and fry till brown; cover with hot water and simmer one-half hour, then add 1 large stalk celery cut in small pieces and several medium sized onions, one small tomato sliced, salt and pepper to taste. Simmer slowly one-half hour longer. Serve with rice and a can of chow mein noodles. A cup of

mushrooms and bamboo sprouts may be added with the celery. Add water if necessary during simmering. Keep covered, but stir often, or it sticks to bottom. It should be like thick stew. Serves four without adding sprouts or mushrooms.

CHOP SUEY (For 8 Persons)

½ lb. lean pork ½ lb. lean veal ½ lb. lean beef

Cut in small cubes. Brown in skillet with 1 tablespoon lard; 1 small onion; add water and stew until well done; add 1 cup cooked rice, 1 cup chopped celery, 2 tablespoons molasses, 1 cup mushrooms. Cook ten minutes more and serve with boiled rice and chop suey sauce. Cook it down like a stew.

AMERICAN CHOW MEIN

½ lb. pork	¼ lb. mushrooms
½ lb. veal	1 hard-boiled egg
¾ cup boiled ham	Paprika
1 cup celery cut small	1 to 1½ cups consommé
1 cup sliced onions	2 tablespoons fat
1 tablespoon flour	

Cut meat in small cubes and brown in hot fat. Add consommé (if necessary use a bouillon cube in a cup of hot water), celery, and onion, cook slowly until tender. Add boiled ham and mushrooms. Thicken gravy with 1 tablespoon flour, season to taste. Place boiled egg noodles in serving dish, cover with meat garnish, hard-boiled egg, and paprika.

RICE WITH SAUSAGE

Chop fine 1 small onion and 1 sweet green pepper from which the seeds have been removed. Mix thoroughly with 3 cups of boiled rice and spread the mixture 1 inch thick in a baking dish. Cover with a pound of tiny sausages which have been slightly browned in a frying pan, and then with the remaining rice. Pour over 1 cup of milk and dot with 2 tablespoons of butter. Bake covered for half an hour in a moderate oven, then uncover and bake half an hour longer.

SAUSAGE AND APPLES

6 baking apples 2 cans of Vienna sausages

Core the whole apples, leaving the bottoms unbroken. Insert on end the sausages, as many as the apples will hold. Put in a covered baking dish with 1 cup of water and bake in a medium

oven (350° F.) until the apples are tender. The apples may be stuffed with country sausage, but the Vienna sausages in cans make a good emergency dish. Small potatoes and corn bread may be baked at the same time and make an appetizing combination.

BAKED SAUSAGE

Roll 1 lb. sausage meat into balls. Place in greased dish. Over the sausage pour batter made of 2 beaten eggs, 2 teaspoons flour, pinch of salt, 1 cup milk. Bake about one hour in moderate oven, till like custard around the meat.

LIVERWURST HASH

Boil about 6 medium potatoes. Chop an onion fine. When potatoes are boiled mash in 1 pound liverwurst and raw onion. Season to taste. Put pan in oven and brown slightly.

FAMOUS PORK SCRAPPLE

Boil $\frac{1}{2}$ lb. pig liver and 2 lbs. pork shoulder, or head meat, or part beef in 2 or 3 qts. water with about 2 teaspoons salt. When tender, remove meat and chop rather fine. Sprinkle into the broth enough cornmeal moistened with cold water, or half buckwheat, to make a soft mush (about 1 cup meal to qt. liquor). Stir well over the fire till thickened, then cook in oven or double boiler one or two hours. When done, add the meat, salt, and pepper if needed, and about 1 teaspoon crushed marjoram (Ligget's). Mix well and pour into square pans or round cans. When cold, slice; dip slices in flour or let dry a little to prevent spattering, and fry like mush. Quick scrapple may be made by adding ground leftover pork roast or fried out scraps of fat pork to ordinary mush. Also see Fish Scrapple.

PHILADELPHIA SCRAPPLE WITH BEEF

In a $2\frac{1}{2}$ gal. kettle cook $2\frac{1}{2}$ lbs. beef and $2\frac{1}{2}$ lbs. fresh pork, using enough water to almost fill the kettle. Cook slowly till very tender, then chop the meat and return it to the broth.

Mix $\frac{1}{2}$ cup buckwheat flour, 5 teaspoons powdered sage, $\frac{1}{3}$ teaspoon red pepper, 6 teaspoons salt, $2\frac{1}{2}$ pts. cornmeal with enough hot water to make a paste, and stir the mixture into the kettle of meat and broth.

Cook about three hours over very low fire or in the oven, so it does not cook too vigorously or burn.

Pour into wet bread tins or round tin cans and chill over night. Then slice, dip in flour, and fry like mush.

SOUSE OR PICKLED PIG'S FEET

4 good-sized boiled pig's feet, with hocks	1 tablespoon broken cinnamon
1 qt. strong vinegar	$\frac{1}{4}$ cup salt
4 bay leaves	2 teaspoons pepper
1 tablespoon whole cloves	$\frac{1}{2}$ onion
	1 blade mace

Scrape, singe, and clean the feet carefully, and cover them with hot water. Boil slowly until the meat will separate from the bones (about six hours), then take them up carefully on a skimmer, and place them in a stone jar, taking out the largest bones. Set the water aside in a cool place to be used later.

Place the vinegar on the fire, adding bay leaves, cloves, cinnamon, salt, pepper, onion cut in eighths, and mace. Steep slowly in the vinegar for forty-five minutes, but do not allow the vinegar to boil rapidly at any time. Remove the fat cake from the top of the water in which the feet were boiled, and add about 1 qt. of the water to the vinegar; if the vinegar is not very strong, use less water. Strain the liquid through a sieve to remove the spice, etc., and pour it over the meat in the jar; stir with a knife and fork until the two are thoroughly mixed. Set the jar in a cold place for two days.

HEAD-CHEESE

1 hog's head with ears and tongue	Sage
Salt and pepper	Sweet marjoram
	Powdered cloves

Head-cheese is made of the head, ears, and tongue of pork. Clean the head and boil all the meat and bones in salted water until the meat is very tender, about two or three hours. Take out the head, place it in a colander to drain, and remove all the bones. Cut the ears in very thin slices. Season the whole to taste with salt, pepper, sage, sweet marjoram and other herbs, and a little powdered cloves. Mix the mass well, and pack it tightly in a bowl, interspersing layers of the mixture with slices of the boiled ears. Press the whole into a compact shape and cover with a plate, on which place a heavy weight. The head-cheese will be ready to use in two or three days. It may be cut in thin slices and served with vinegar and mustard, or it may be cut in slices, dipped in egg and cracker-crumbs, and fried.

VENISON

Cook venison the same as lamb or the best cuts of beef. The meat is tender and easily digested, although dark and highly flavored.

LAMB AND MUTTON

We may prefer the chops and legs, but they cost more than meat taken from the shoulder or breast, and the flavor and nutritive value is just as great in the cheaper cuts. On all lamb and mutton cuts there is a fell, or outer skin covering. It is tough and sometimes might taste of the oil from the wool. This fell should always be removed without letting it touch the meat. Forequarter meat is tougher but the difficulty is only with the connective tissue and that may be softened by simmering, or the meat may be ground and made into various shapes or croquettes. The chuck, neck, and breast, also the shank, have excellent flavor, but are seldom demanded. Chuck or shoulder can be boned and rolled or stuffed and roasted. Occasionally shoulder is stuffed with pork tenderloin instead of dressing. The *breast* may be simmered till tender enough to draw out the bones, then rolled, broiled or covered with dressing or catsup and browned in the oven.

Lamb may be substituted in almost any veal recipe—especially in stews, meat pie, and salads. Mutton may be substituted in the lamb or veal roasts, stews, and fricassee. Lamb and mutton are often served with peas, **mint sauce**, tomato or curry sauce. See Sauces.

BOILED LAMB (Neck or Rack) WITH SAUCE

Put 2 lbs. of meat in a covered kettle just large enough to hold it. Partially cover with boiling water. Bring to boiling point and cook just below the boiling point until tender (two hours). Melt 3 tablespoons butter or lamb fat, add 3 tablespoons flour and $1\frac{1}{2}$ cups of the lamb stock, free from fat. Stir until sauce boils, add $\frac{1}{2}$ teaspoon salt and a few grains pepper. For variety add to the sauce $\frac{1}{2}$ cup capers, chopped sour pickles or chopped stoned olives, or 2 eggs hard-boiled and cut in slices.

STUFFED ROLLED SHOULDER OF LAMB

A lamb shoulder boned and filled with the following dressing makes a delicious roast:

3 tablespoons of butter	$\frac{1}{2}$ pound lean pork, chopped
1 medium-sized onion	3 sour apples, diced
1 clove of garlic	$\frac{1}{2}$ teaspoon of salt
$\frac{1}{2}$ cup of minced celery	Paprika
1 cup of hot water	Bit of curry powder
2 cups of bread crumbs	

Melt the butter and in it cook the onions, garlic, and celery all minced. Then add the hot water, the pork, the apples, and seasonings. Pour this mixture onto the bread crumbs and simmer all together for fifteen or twenty minutes. Use as a stuffing for the boned shoulder. Roll and tie securely. Roast for fifteen minutes to the pound, allowing thirty minutes additional for heating.

VIRGINIA ROAST LAMB

Rub a shoulder roast of lamb with butter, dredge thickly with flour, and season thoroughly with salt and pepper. Put it in a hot oven (500° F.) until the flour is brown, and then baste every quarter of an hour for about two hours while it roasts in a moderate oven (400° F.). The basting is to be done with cider or grape juice. When done, tender and brown, add half a cup of currant jelly to the liquid in the pan and thicken it with flour for an unusual gravy. Serve with curls of bacon.

SPICED SHOULDER OF LAMB

Rub the roast well with salt and pepper and place it in a roaster with half a dozen cloves, a dozen whole allspice, two-thirds of a cupful of vinegar, one-third of a cupful of water, and three table-spoons of sugar. Sear the meat in a hot oven (500° F.), and then roast it in a covered roaster with a moderate heat (400° F.) for about an hour and a half. The usual allowance is twenty minutes to the pound. Keep it well basted and add water as it cooks away. The juice left in the pan will make excellent gravy.

CROWN ROAST OF LAMB OR MUTTON

A crown roast of lamb is composed of 2 or 3 sections of the loin containing the rib chops, the ends of the ribs being scraped as for French chops. The sections are sewed together so that the ribs curve outward and up. The ribs should be of the same length. To prevent the ends from charring, cap each one with a small cube of salt pork. The center may be filled with a bread dressing.

Dissolve 1 teaspoon salt in $\frac{1}{2}$ cup hot water, pour over the roast placed in pan in rather hot oven. Roast at least one hour.

ROAST LEG OF LAMB OR MUTTON

A leg of lamb is usually sent from market surrounded by a thin membrane known as the caul. If this peels off easily and the fat is hard, white and flaky the meat is in good condition. Remove the caul, wipe meat with wet cloth, cover with strips of bacon or sprinkle with salt and pepper; place in hot roasting pan, dredge the meat and pan with flour, place in a hot oven. Baste with water and drippings as soon as flour in pan browns a bit and every fifteen minutes until meat is done. The heat in oven should be reduced after the first thirty minutes of roasting. If you do not care for browned flour gravy, do not dredge the pan. It will take about two hours for roasting. Serve with mint sauce. A shoulder may be roasted in the same way using 3 teaspoons salt, 2 tablespoons flour to 3½ lbs., and roasting slowly for two hours after browning the first thirty minutes.

(The bone may be removed and the meat stuffed with dressing and roasted.)

Gravy

Drain off all but 3 tablespoons fat from the dripping pan, dredge into it 3 tablespoons flour, and brown well. Add 1 pt. cold water, cook slowly, stirring constantly until thick and smooth.

MUTTON CURRY

1 cup sliced cold mutton	1 tablespoon butter
1 cup stock	1 tablespoon flour
1 tablespoon Worcestershire sauce	1 teaspoon curry

Melt and brown the butter, add the flour, stir until smooth and brown. Add the stock and the meat. Stir until the sauce thickens. Season with the sauce and curry powder, and serve.

MUTTON OR LAMB STEW

Cook 3 lbs. of stewing meat slowly two hours in water containing 6 chopped carrots and 1 onion. If necessary cool and skim off fat. Reheat, using 1 cup broth or water and add 1 cup corn, 1 cup peas, and 1 teaspoon cornstarch.

The corn may be omitted, also the onion. Or, ½ cup each of tomato, celery, and potato with a lump of butter may be used, instead of any other vegetables.

ESCALLOPED LAMB WITH MACARONI

Put alternate layers of cooked meat and cooked macaroni or rice in a baking dish. Pour over 1½ cups tomato sauce, cover with buttered crumbs, and bake to a delicate brown.

SPANISH LAMB

1 cup boiled rice	1 cup water
2 tablespoons butter	1½ cups diced cooked lamb
1 finely chopped onion	1 tablespoon horseradish
1 cup stewed tomatoes	1 teaspoon salt
½ teaspoon pepper	

Fry the onion in butter until brown. Add other ingredients and bake in a casserole until nicely browned.

LAMB EN CASSEROLE

Cut in pieces 2 lbs. neck, breast, or shoulder. Sprinkle meat with salt, pepper, and flour, brown in fat, put in casserole dish and cover with 2 cups hot water or brown sauce, highly seasoned. Bouillon cubes may be used if no stock is at hand, and table sauce for seasoning. Add 4 small onions, peeled, and 3 small carrots, scraped and cut in strips. Cover and cook in moderate oven two hours. Add 2 cups potato cubes and ½ cup celery cut in strips, and cook until potatoes are tender. Add 1 cup peas or string beans, and serve, when vegetables are hot, from the casserole. 1 cup tomatoes may be added.

LAMB FRICASSEE

Cut lamb steak in pieces for serving, sear and simmer until tender in water to cover. Drain, sprinkle with salt, pepper and flour, sauté until brown, and serve with brown sauce made of water in which meat was cooked.

LAMB FRICASSEE WITH FRIED TOMATOES

Garnish lamb fricassee with tomatoes which have been sliced, sprinkled with salt, pepper, and flour and browned delicately in hot fat.

BROILED FILLETS OF LAMB

Each piece of meat may be pounded thin, making a fillet. These may be broiled and served with currant jelly mixed with a little mint, or mint sauce, or each piece of meat may be surrounded with a thin narrow strip of bacon held with a toothpick, and broiled or baked fifteen minutes in a hot oven, or sautéd until cooked through.

CHOPPED LAMB STEAKS

Chop and season the lamb, shape in cakes, and broil or fry like Hamburg steak; or surround each cake with a strip of bacon, sauté in fat, and serve with brown or tomato sauce.

LAMB OR VEAL KIDNEY STEW

Slice kidneys crosswise about $\frac{1}{2}$ inch thick, place in stewpan, cover with cold water, simmer from three to four hours, or until very tender. Keep covered with water until within one-half hour before done, then salt and pepper. Let water cook out gradually until enough is left for good gravy, then add about $\frac{1}{4}$ cup flour mixed with 2 tablespoons soft butter. Cook several minutes and serve.

MUTTON HASH PUFFS

2 cups mashed potatoes	1 cup chopped cooked mutton or lamb
1 egg	1 small onion
$\frac{1}{2}$ cup flour	Pepper and salt

Mix potatoes, egg and flour into a dough, and roll out $\frac{1}{2}$ inch thick. Mix the meat, minced onion, and seasoning. Cut dough into strips, put a little meat on each, fold over and press edges together. Fry in hot Crisco (enough to cover them) till golden brown. Drain and serve at once.

GRILLED LAMB LUNCHEON (For 1 Person)

Place on greased broiler a lamb chop, 2 strips of bacon, 1 small tomato cut in half and sprinkled with salt, 1 sweet potato sliced lengthwise and brushed with melted butter. Broil all under gas flame, turning once or twice until cooked through and very hot. Garnish with celery tips.

LAMB CHOPS HAWAIIAN

Place lamb chops on a well-heated broiler and cook until brown on one side. Turn and cook a few minutes, but not until brown; then place a slice of pineapple on each chop and cook until pineapple becomes a delicate brown (about five minutes). If pan-broiled, place pineapple on top of chop at once—then when chop is turned, place on cooked side.

LAMB TONGUE

6 lambs' tongues	Salt, pepper
2 carrots, minced	2 slices of bacon
1 large onion, minced	4 tablespoons of capers
3 small cucumber pickles	2 cups of boiling water

Scald and blanch the tongues; remove the skins and put the tongues in cold water until ready to use. Cut a slice of bacon in fine strips and lay in the bottom of a saucepan; put in the tongues, and then the other slice of bacon cut in fine strips. Season with salt and pepper. Add the minced onions and carrots, add more

salt and pepper to taste, and let the tongues simmer about fifteen minutes. Add the boiling water, or broth may be used. Cook slowly for about three hours. Take out the tongues and place them on a hot platter; strain the sauce, reheat and add the capers and the pickles cut in thin slices. Stir well and let the sauce boil up once. Pour over the tongues and serve.

RABBIT

Cleaned rabbit should stand in salt water (2 tablespoons salt to 2 qts. water) several hours or over night.

Fried.—Rabbit may be cut up, salted, floured, and fried like young chicken in about thirty minutes, or an hour if older. It is especially good fried about an hour like “chicken fricassee,” or may be stewed and baked like a chicken pot pie.

Sour Roast (Hasen Pfeffer).—Wash, leave two days in earthen dish covered with half water, half vinegar, 1 sliced onion, $\frac{1}{2}$ teaspoon whole pepper, 2 bay leaves, salt to taste. After two days take all the fine skin off, lard back and hind legs with small pieces of bacon. Then put rabbit in roasting pan with onion, pepper and bay leaves, with 1 cup of the sour brine and some fresh water. Roast one-half hour, then pour $\frac{1}{2}$ cup or more sour cream over it, and roast till brown.

Carving

The chief requisites for neat and satisfactory carving are:

1. A sharp, strong knife with a blade that is pointed, but neither too heavy nor too flexible. Also, a strong, sharp fork.
2. A general idea of the location of the joints and bones to be encountered.
3. Know what is meant by "cutting across the grain" and follow the rules as much as possible.
4. Use an extra platter for the pieces as they are cut, unless there is plenty of room beside the roast.
5. Do not touch the "drumstick" or any part with the fingers unless it is protected by a paper frill.
6. If necessary to carve before guests, the carver may sit or stand, just as he wishes, but, above all, be "calm and good-natured." The hostess may divert the conversation to avoid the concentrated attention of guests upon the task in hand.
7. If possible, strings and skewers should be removed before bringing the roast to the table.
8. After all the neat pieces are removed, any further carving should be done, "however possible," in the kitchen.

In order to have a more definite knowledge of carving different kinds of roasts, the following directions will be found helpful.

Roast Beef.—Where the roast is boned and rolled, the first slice is carved across the top, and additional slices in the same way. With a standing rib roast the slices are cut parallel to the rib bone and toward the bone. It may be found easier to first cut along the rib bone to separate it from the large lean piece, which can then be easily carved into slices in the same manner as the rolled roast. Roasts from the chuck or rump are a little more difficult to carve attractively unless the bone has been removed. *As far as possible cut across the grain in all meats.*

Pot Roasts.—Follow the same rule, but where there is more than one muscle, with the grain running in different directions, cut in such a way as to get the best appearing slices. Rolled chuck, brisket, shoulder clod, and heel piece are cuts used for pot roast which carve nicely.

Roasts of Lamb, Mutton, Pork, and Veal.—The loin roasts are placed on the platter with the ribs away from the carver. Cut the meat into chops about an inch thick, severing the bone with a quick turn of the knife if necessary. The rib roasts are carved in the same manner, making the cuts between the ribs. A crown roast is merely another way of serving a rib roast, there-

fore the cut is made between the ribs in the same manner. Each guest is served one rib piece and some of the forcemeat used in the center of the crown roast.

Leg of lamb or mutton roasts are a little more difficult to carve. Always ask the dealer to remove the hip bone. Two methods can be followed. Either a downward cut is made to the bone through the thick part of the meat and additional slices cut in the same manner, or with the leg bone to the left slices are cut at a slant through the thick part of the muscle. The latter method gives larger slices. If more slices are needed the leg is turned and the other side carved in the same manner.

Shoulder roasts of lamb, pork, or veal are carved in the same manner as described for chuck of beef.

Fresh or smoked baked ham is carved much the same as a leg of lamb. The bone from the butt end and the small bone from the shank are both removed before serving.

Either the shank end is removed by cutting down and around the bone, or a cut is made through the thick part down to the bone, then several cuts parallel to that, and then a cut made across at the bone to remove the slices.

Steaks large enough to be carved are cut across the muscle in 1-inch strips parallel to the piece of backbone. In a T-bone or porterhouse steak, pieces of both the large muscle and the tenderloin muscle are served to each guest. The fillet of beef is carved into $\frac{1}{2}$ -inch slices, beginning at the thick end.

Chicken, Turkey, Duck, and Goose.—The fowl is placed with the breast up and the neck to the left. The fork is inserted at the point of the breastbone and the fowl held firmly thus while carved.

Grasping the fork in the left hand, cut through the skin with the tip of the knife where the wing joins the body. Push the wing back with the broad side of the knife blade and cut through the exposed joint, severing the wing from the body. Without withdrawing the fork, sever the leg and thigh parts in a single piece, in a similar way. Cut through the skin where the thigh joins the body and, using the flat side of the knife blade as before, bend back the leg and thigh piece so as to expose the thigh joint; then, with the fork inserted in the thigh, cut through this joint, using the tip of the knife. Lay aside while carving the breast. (Finish one side of the bird before turning to the other.) To carve the breast remove each side in one piece. To do this, cut along the ridge of the breast bone the entire length and then, slipping the knife carefully under, cut close to the body of the bird so that not a bit of meat is left on the bones. When the breast piece is large, cut it into five or six portions, making the cuts crosswise of the meat fibers. Next divide the leg-and-thigh section into two serving pieces by cutting through the joint between them. The wing may

also be divided. The carver may now start the serving, selecting a piece of the breast together with one of the bony portions for each serving. Then he may proceed to carve the other side in like manner. If the leg pieces are unusually large, a slice or two may be taken from one side.

If more meat is needed, the wishbone or flybones and a few slices from the sides may be cut.

Fish.—There is an art in carving fish. Open it with a knife at the back, drawing the blade the whole distance from head to tail just above the backbone, and pressing the meat loose from its fastening. Portions may then be served by cutting transversely to the backbone. Fish so carved is freed from the intricate mass of small bones which are sure to mingle with the flesh if it be cut in any other way. The head, if not already removed, should first be taken off, and the collar or shoulder-bone lifted from the fish.

HOW TO JUDGE THE AGE OF POULTRY

One of the commonest ways of testing the age of dressed poultry is to take the end of the breastbone farthest from the head between thumb and finger and attempt to bend it to one side. In a very young bird, say a "broiler" chicken or a green goose, it will be easily bent, like the cartilage in the human ear; in a bird a year or so old it will be brittle, and in an old bird tough and hard to bend or break. Unfortunately, tricky dealers sometimes break the end of the breastbone before exhibiting the bird, and thus render the test worthless. If the feet are left on the carcass they furnish a test of the age. In a young bird they are soft and smooth, becoming hard and rough as the bird grows older. The claws are short and sharp in a young bird, becoming longer and blunter with age and use. The spur above the foot is also to be observed; when the bird is very young, like a broiler, it is hardly apparent; a few months later it is long, but straight; in a mature bird it is larger still and crooked at the end. It is more developed in males than in females and capons.

Young chickens appearing in market from late fall till January are called *spring chickens* or *broilers* and weigh about $1\frac{1}{2}$ lbs. Older chickens are called *fowls* and are best from March till June. *Capons* are specially treated and fattened for killing.

A goose twelve weeks old is called *green goose* and is sold during the summer.

Turkeys are best during the winter months.

Turkeys up to a year old are said to have black feet, which gradually become pink up to three years old and then turn gray and dull.

The age of pigeons can sometimes be told by the color of the

breast. In squabs the flesh looks whitish as seen through the skin, but becomes more and more purplish as the bird grows older. Red feet are also said to be a sign of age in a pigeon.

TO CLEAN AND DRESS POULTRY

Poultry should be bled well and cooled thoroughly (at least 12 hours) before drawing.

Usually the *pinfeathers*, which are abundant in young birds, may be removed by a sharp, pointed knife or a pair of tweezers. For ducks, commercial pickers use melted rosin, but the housewife can roll the duck in melted paraffine. When it hardens it can be pulled off in a sheet, taking the *down* with it.

Singeing helps to remove pinfeathers, hair, and down. This is done by holding the bird over a flame (from gas, alcohol, or burning paper) and constantly changing position until all parts of surface have been exposed to flame; finish removing any pinfeathers, etc., then scrape and *wash* the bird, scrubbing with soda or mild soap suds if necessary, and rinse well.

Cut off the *head*, push back the skin, and cut off the *neck* as far as desired, then pull out the *wind pipe* and *crop*, or remove them with the entrails from the incision made either below the breastbone or at the vent. The incision should be made just large enough to admit the hand. With the hand remove *entrails*, gizzard, heart, and liver; the last three are known as *giblets*. The *gall-bladder*, lying on the under surface of the right lobe of the liver, is removed with liver, and great care must be taken that it is not broken, as a small quantity of the bile which it contains would impart a bitter flavor to the parts which it touches, if it is not quickly washed off. On each side of the back are the *lungs* which must be pulled loose.

The *kidneys*, fastened near the end of the back bone, must be removed, and the oil bag above the tail piece cut out. Wash the inside of the bird thoroughly by running cold water through it, but never leave a bird soak in water, as it draws out valuable juices.

To Clean the Giblets.—Remove thin membrane, arteries, veins, and clotted blood around *heart*. Separate gall-bladder from *liver*, cutting off any of liver that may have a greenish tinge. Cut fat and membranes from *gizzard*. Make a gash through thickest part of gizzard, and cut as far as inner lining, being careful not to pierce it. Remove the inner sack and discard. Wash the giblets and put with the neck and wing tips (and the scalded and skinned *feet* if desired) to cook for gravy or dressing.

To Stuff Poultry.—Put stuffing by spoonfuls in neck end, using enough to sufficiently fill the skin, that bird may look plump

when served. When cracker stuffing is used, allowance must be made for the swelling of crackers, otherwise skin may burst during cooking. Put remaining stuffing in body; if the body is full, sew skin; if not full, bring skin together with a skewer.

To Truss Fowl.—Draw thighs close to body and hold by inserting a steel skewer under middle joint, running it through body, coming out under middle joint and other side. Cut piece $\frac{3}{4}$ inch wide from neck skin, and with it fasten legs together at ends; or cross drumsticks, tie securely with a long string, and fasten to tail. Place wings close to body and hold them by inserting a second skewer through wing, body, and wing on opposite side. Draw neck skin under back and fasten with a small wooden skewer. Turn bird on its breast. Cross string attached to tail piece and draw it around each end of lower skewer; again cross string and draw around each end of upper skewer; fasten string in a knot and cut off ends. In birds that are not stuffed legs are often passed through incisions cut in body under bones near tail.

To Dress Birds for Broiling.—Singe, wipe and, with a sharp-pointed knife, beginning at back of neck make a cut through back-bone the entire length of bird. Lay open the bird and remove contents from inside. Cut out rib bones on either side of back-bone, remove from breastbone, then cut through tendons at joints.

To Cut in Pieces for Stewing, Etc.—Remove *legs* and *wings* by cutting through the joints, and separate into smaller pieces. Separate *breast* from back by cutting through the skin, beginning about 2 inches below the breastbone and passing the knife between the ends of the small ribs on either side, extending the cut to the collar bone. Follow the line of meat and remove the wish-bone piece if desired.

The breast bone can be divided with a cleaver or heavy knife. The back may be cut crosswise through the middle.

To Stew Chicken.—Cover the pieces well with boiling water. Boil twenty minutes, then season with a stick of celery, a leaf of parsley, about $\frac{2}{3}$ teaspoon salt per lb. of chicken, a dash of pepper, and simmer (covered) about thirty minutes or more per lb. The broth may be thickened with flour and butter or cream, well blended. Noodles may be cooked in the broth before thickening. Egg yolk added to chicken gravy gives a richer color. May be served with biscuits.

Poultry Cookery

The time allowed for cooking poultry is about thirty minutes per lb., counting after well started—about twenty minutes.

FRIED CHICKEN

Very young chickens may be sprinkled with salt and broiled or cut up and fried quickly in plenty of butter or lard. **Very old** tough chickens should be stewed or fricasseed, or, they may be stewed, drained thoroughly, and lightly floured and fried; or stewed, partly drained, and browned in the oven. Or, they may be stewed (leaving to cool uncovered in rich broth which adds immensely to the flavor), and then drained and dipped in fritter batter and fried in deep fat like young chicken.

BROILED SPRING CHICKEN

Take a very young spring chicken of about 1 to 1½ lbs. Clean and split down the back, break the joints and remove the breast bone. Remove internal organs and clean thoroughly. Sprinkle with salt and pepper and rub well with soft butter. Place in broiler and broil twenty minutes over a clear fire, or under the flame in broiling oven of gas stove, being careful to turn broiler that all parts may be equally browned. The flesh side must be exposed to the fire the greater part of the time as the skin side will brown quickly. Remove to hot platter and spread with hot butter.

Or, chicken may be placed in dripping pan, skin-side down, seasoned with salt and pepper and spread with soft butter, and baked fifteen minutes in a hot oven and then broiled to finish.

SOUTHERN CHICKEN IN BATTER

Make a batter of 2 eggs, ⅓ cup milk, ½ teaspoon salt, ⅛ teaspoon pepper, and enough flour to make a medium thick batter. Cut apart a stewed or very young raw chicken and roll each piece in the batter. Fry in deep fat until tender and the crust is a golden brown.

MARYLAND CHICKEN

A young chicken (or older one boiled tender). Cut apart, dip pieces in milk and crumbs. Salt and pepper, sear, pack in casserole and dot well with butter. Cover closely and bake till brown—about one hour. Add 2 cups cream sauce to drippings in casserole for gravy. Brown in deep fat if preferred, or see Southern Chicken.

CHICKEN FRICASSEE

Young or old chicken may be fried this way allowing from one to three hours according to age. Be sure to singe chicken before cutting into pieces. If chicken is fat, rub pieces with salt and roll in flour. If very lean, rub with butter before salt and flour. In a heavy frying pan, put at least 4 round tablespoons fat, using Crisco or lard and butter mixed, or part chicken fat, or fry diced salt pork till browned turning the pieces often so there will be no burnt flavor. Put the floured chicken in the hot fat turning and frying quickly till brown on all sides. Add about $\frac{1}{2}$ cup hot water and cover tightly. Add a bit more hot water if bottom gets too dry. Baste occasionally. Keep covered and let cook slowly in oven or over slow fire till tender. It may be kept hot this way several hours. Uncover and brown then if liked dry.

Remove chicken and make a rich gravy with flour and rich milk added to the brown fat and crust in the pan. Salt may be sprinkled on chicken while frying—also pepper.

ROAST FOWL (Chicken, Turkey, Etc.)

Rub inside of bird with salt, stuff with dressing and sew up: Rub outside of **chicken** and **turkey** (not **goose** or **duck**) with Crisco or butter. Salt and flour all fowls, put in roaster containing $\frac{1}{4}$ cup Crisco or a mixture of lard and butter (no fat for goose). Have oven hot enough to brown the flour quickly, baste with fat or part water often, till fowl starts to brown well, then add water to cover bottom—reduce heat and cover pan till fowl is tender. Keep breast of **turkey** and **chicken** down till tender then turn to brown. Baste fowl often with a fat and water mixture and brown, without cover, when tender. **Turkey** breast may be covered with strips of bacon till tender. **Chicken** and **duck** may be roasted in from one and a half to two and a half hours according to size and age; **goose** in two to three hours. **Turkey** needs at least three hours unless very small. Salt may be sprinkled on fowls several times during roasting. The fat from **goose** and **duck** should be dipped out several times during roasting. See Stuffings or Roast Duck for stuffing, or use sauerkraut.

ROAST DUCK WITH PINEAPPLE AND GIBLET GRAVY

The duck is sprinkled inside with salt and pepper, then filled about three-fourths full of stuffing, allowing the remaining room for expansion. Sew up the opening, using a darning needle threaded with cord, and tie the legs down close to the body by winding cord first around one leg, then around the tail, and then about the other leg. (These strings are removed in one piece before sending the duck to the table.) Since duck is quite fat and should be drained, set it on a rack in the roaster, pouring hot water into

the bottom of the pan. Sprinkle it with salt and pepper and lay strips of bacon or salt pork over the breast for the first thirty minutes, then remove it.

The time allowance is twenty minutes for each pound of weight, so it usually takes one to one and a half hours. Cover the roaster for the first forty minutes, and use orange juice, or orange juice and water, for basting it. This gives the gravy a very unusual and especially good flavor. It will not need basting very often while the cover is on the roaster, but after that is removed, it should be basted every ten minutes while it browns. The oven heat should be moderately hot, ranging from 350° to 450° F.

For the **stuffing**: Pour $\frac{3}{4}$ cup hot water (or cold if preferred) over 2 cups dry or toasted white or nut bread crumbs. Squeeze out the extra moisture and add:

1 beaten egg	$\frac{1}{4}$ teaspoon of paprika
2 slices of bacon, fried and minced, or 1 cup sausage	$\frac{1}{2}$ cup of chopped celery
$\frac{1}{2}$ teaspoon of salt	1 apple, chopped
$\frac{1}{4}$ teaspoon of pepper	2 tablespoons of minced onion
	$\frac{1}{2}$ cup of seeded raisins if liked
(If sausage or hamburger is used, brown it first.)	

For **giblet gravy**: Brown the giblets in butter, then cover them with cold water and let them simmer until tender, seasoning with salt and pepper toward the last. Run them through the food grinder or slice them, and return them to the liquid in which they were cooked. After removing the roasted duck and the rack from the roaster, leave 4 tablespoons of the fat, and add 4 or 5 tablespoons flour, stirring until the flour has browned just slightly. Add the liquid from the roaster (with fat drained off) and that containing the chopped giblets, which together should be about 3 cups. Stir vigorously with a fork and cook slowly to blend the flour mixture smoothly.

For **garnish** use parsley and *fried pineapple*. Drain the sliced canned pineapple, and brown in hot butter in a frying pan. If you prefer, the pineapple may be rolled in flour before browning, but it is not necessary. Arrange the slices around the edge of the platter, and tuck in small bunches of parsley at intervals.

CHICKEN WITH MUSHROOMS

3 lbs. young chicken	2 teaspoons salt
$\frac{1}{4}$ cup butter	Paprika
1 small onion	$\frac{1}{2}$ to 1 lb. fresh mushrooms

Dress, clean, and cut chicken at the joints and season. Heat butter in deep frying pan, add onion and chicken, and cook to a golden brown. Cover tightly and let cook very slowly one and a quarter hours, or until tender. Wash mushrooms well, cook in

boiling salted water five minutes, then add to chicken and cook altogether, slowly, fifteen minutes longer. Serve hot on platter.

If desired and when almost tender, add $\frac{1}{2}$ cup cream. Place in a slow oven and bake ten to fifteen minutes longer. Turn meat several times in sauce while baking.

CHICKEN CHOP SUEY (For 3 Persons,

Cut the breast meat of raw or cooked chicken into strips 1 inch long. Cook these for two minutes in 1 tablespoon of butter. Add $\frac{3}{4}$ cup celery cut in thin slices crosswise, 1 small, finely diced onion, 6 mushrooms cut in slices. Cook five minutes, and add 1 cup chicken stock, $\frac{1}{2}$ teaspoon sugar, 2 teaspoons Shoyu sauce, $\frac{1}{2}$ green pepper thinly sliced, 1 teaspoon cornstarch mixed with 2 tablespoons cold water, and lastly $\frac{1}{2}$ cup sliced pineapple cut in small pieces. Bring to boiling-point and let simmer three minutes. Serve with plain boiled rice and chow mein noodles.

CHICKEN CHOP SUEY (For 12 Persons)

2 $\frac{1}{2}$ lbs. young chicken	1 can broken mushrooms
1 lb. lean veal in cubes	1 lb. bean sprouts
$\frac{1}{2}$ lb. lean pork in cubes	2 tablespoons salt
1 large bunch celery	$\frac{1}{4}$ teaspoon pepper
1 onion, chopped	Chinese sauce
$\frac{1}{2}$ cup chicken fat, or olive oil	$\frac{1}{4}$ cup cornstarch softened in 3
$\frac{1}{2}$ can bamboo shoots	tablespoons cold water.

Take breast and any other large piece of meat from chicken, cut in thin strips, add salt to fat, when hot add chicken, pork and veal, let simmer slowly, cover well, add water if necessary, cook until tender, about one hour. Have celery and bamboo shoots cut in 2-inch pieces crosswise, then sliced lengthwise, and then into thin strips. Onions sliced and cut into strips, add all to hot meat, together with mushrooms, cover and let cook ten minutes.

Add bean sprouts, washed and picked over (and add $\frac{1}{2}$ lb. cooked Chinese chestnuts, if liked), the softened cornstarch, salt and pepper to taste. Cover and simmer five minutes, and serve hot with rice, Chinese sauce, and canned chow mein noodles.

LEFTOVER CHICKEN OR OTHER FOWL

Use in any of the chicken recipes—croquettes, pie, terrapin, etc.; or use with cooked rice for stuffing green peppers; with macaroni for a casserole dish; creamed on toast or biscuits; in salad; jellied with broth or gelatin; use in pressed veal recipe; or mix with egg, make into cakes, dip in egg and crumbs, and fry and serve with scalloped potatoes.

$\frac{1}{2}$ to 1 cup cold cooked chicken	$\frac{3}{4}$ cup rice cooked till tender
	$1\frac{1}{2}$ to 2 cups gravy

CHICKEN POT PIE

BOILED CHICKEN POT PIE OR DUMPLINGS

STEWED CHICKEN BAKED IN BREAD CRUST

CASSEROLE OF GIBLETS

The bony pieces and giblets are covered with boiling water, well seasoned, and simmered until tender. Cool in the liquid, then drain, chop, and sauté them in a little butter. Cook $\frac{1}{2}$ lb. spaghetti in boiling salted water—then rinse in cold water. Just

before dinner add to the giblets 1 teaspoon curry powder, 1 teaspoon lemon juice and bit of salt, a very little pepper, and the liquid in which the giblets were boiled. Simmer a few moments, then add 1 cup tomato juice and the spaghetti. Cook till all the ingredients are thoroughly heated and serve in a wreath of parsley.

CHICKEN CROQUETTES

2 cups cooked chicken or veal

1 cup boiled rice (or thick white sauce). Season to taste

Shape and let stand one hour to dry. Dip in beaten egg, then in rolled crumbs, and fry in deep fat (390° F.).

CHICKEN À LA KING

Mix 2 tablespoons butter, 2 level tablespoons flour, $\frac{1}{2}$ teaspoon salt; melt in double boiler; add 1 pt. milk, 3 cups cooked chicken (cut fine), 1 chopped green sweet pepper ($\frac{1}{2}$ can pimientos, 1 can mushrooms). Just before serving add $\frac{1}{4}$ cup butter, 2 beaten egg yolks, 1 teaspoon onion juice, 1 tablespoon lemon juice, paprika, and salt. Chopped boiled eggs may be used as garnish. Serve on toast, in patty shells, with rolls or baking powder biscuits. Veal and pork may be used instead of chicken. The mushrooms and pimientos may be omitted.

JELLIED CHICKEN

Boil a chicken until the meat falls from the bones; separate it from skin and gristle and arrange it in a mold; pour over it the stock boiled down to about 2 cups and seasoned, adding 1 teaspoon dissolved gelatin. Pour into wet mold. Lamb may be used this way with 1 teaspoon lemon juice.

CHICKEN TERRAPIN

Mash yolks of 3 hard-boiled eggs, add 4 tablespoons flour, 1 teaspoon prepared mustard, $1\frac{1}{4}$ teaspoons salt, $\frac{1}{4}$ teaspoon white pepper, and 3 tablespoons melted butter. To this mixture add $1\frac{1}{2}$ cups scalded milk; stir and cook until thick. Add whites of 3 hard-boiled eggs, finely chopped, $1\frac{1}{2}$ cups cooked chicken (or veal and pork mixed) cut in cubes; 1 tablespoon pimiento, 1 tablespoon green pepper, and 2 tablespoons ripe olives all cut in strips; add juice of $\frac{1}{2}$ lemon. Serve hot over toast or biscuits.

CHICKEN GRAVY SUBSTITUTE WITH RICE

Use 1 or 2 cans Campbell's chicken soup (2 cans for 3 people). Before opening can heat it in boiling water several minutes or open and rinse out with a little boiling water to loosen clinging

fat. Strain out the rice and meat. Pick out the flakes of meat, add them to the strained broth. Make a white sauce by melting 1 tablespoon butter and adding 1 tablespoon flour, then $\frac{1}{2}$ cup milk, cook several minutes and add the broth. A little of the broth may be saved to heat the rice in, or butter may be used. Serve the thickened broth over the rice.

ROAST QUAIL, SQUAB, OR OTHER SMALL BIRDS

Stuff birds with dressing and sew up. Rub whole birds with butter or salted Crisco and dredge well with flour, or make a paste of the fat and flour and rub on the bird. Place in shallow pan in hot oven. In about ten minutes reduce the heat, turn bird on its breast or put a strip of bacon over it, and roast till tender. Salt may be sprinkled on while roasting and birds should be basted several times with a mixture of fat and water. *Quail* requires forty-five minutes; *squabs* or *black-birds* about twenty minutes; *wild duck* forty-five minutes to one hour. Also see Camp Cookery.

BROILED SMALL BIRDS

Split the back, draw legs over breast, and fasten by making two lengthwise slits in the breast skin, and putting the legs under the strip. Spread with butter, dredge with flour, and broil. Squabs, quail, black-birds, etc., about fifteen minutes. Mud hen and grouse, thirty minutes.

Or birds may be stewed and baked in pot pie like chicken.

Stuffing for Poultry and Fish

BREAD DRESSING

Sprinkle 1 cup boiling water (or broth from cooked giblets) over 4 cups dry crumbs, stirring while you pour so it just slightly dampens all the crumbs. Cover and let steam about twenty minutes or till cool. (Cold water may be used instead of hot.) Then squeeze out (lightly) any excess moisture so bread will be only slightly moist. Add 1 beaten egg, $\frac{1}{2}$ cup melted butter (or Crisco with 1 teaspoon salt), 1 minced onion, $\frac{1}{2}$ teaspoon baking powder, 1 teaspoon minced parsley or other seasoning. Mix very lightly, stuff loosely, and sew tight. One cup cooked sausage or Hamburg may be added.

CELERY DRESSING

Make as above, using $\frac{3}{4}$ cup diced celery instead of $\frac{1}{2}$ cup of the crumbs.

GIBLET DRESSING

Make like bread dressing, using broth and adding the cooked giblets put through chopper; add more onions if liked.

POTATO DRESSING

Dice and cook 3 potatoes slowly in salted water to cover, with a large chopped onion and 1 tablespoon parsley. Cool and add enough dry crumbs to absorb the broth on the potatoes. Add a beaten egg, 3 tablespoons or more melted butter, more salt if needed. Do not mash potatoes or mix hard. Stuff dressing into the roast or pan lightly, leaving room to swell.

CHESTNUT STUFFING

Boil and chop 2 cups shelled chestnuts. Add $1\frac{1}{2}$ cups bread crumbs. Season, and add milk or water and melted butter to moisten.

PINEAPPLE STUFFING FOR FOWL OR PORK

Chop together 1 onion, 1 carrot, $\frac{1}{2}$ cup celery, and 2 sprigs parsley. Fry gently in a little salad oil until onions are yellowed. Add 1 cup cooked rice, 3 teaspoons salt, 1 teaspoon pepper, 1 teaspoon paprika, and $\frac{1}{2}$ teaspoon cloves, and cook for a moment longer. Then add 1 cup drained crushed pineapple, $\frac{1}{2}$ cup raisins, and 2 cups fresh bread crumbs. Blend together.

SAUER KRAUT FILLING FOR GOOSE OR DUCK

To 1 pt. of sauer kraut add $\frac{1}{2}$ lb. lean pork, cut small. Cook with $\frac{1}{4}$ cup water until meat is tender. Add 1 cup chopped apple.

OYSTER STUFFING

Melt scant $\frac{1}{2}$ cup butter; add 4 cups dry bread crumbs or crackers. Chop 1 pt. oysters, add water and liquor (about 1 cup); add crumbs, and season with $1\frac{1}{2}$ teaspoons salt and a pinch of pepper.

FISH OR OYSTER FORCEMEAT

$\frac{1}{4}$ cup fine stale bread crumbs	1 egg
$\frac{1}{4}$ cup milk	$\frac{2}{3}$ cup raw fish or oysters
Salt	

Cook bread and milk to a paste, add egg well beaten, and fish chopped or forced through a purée strainer or meat chopper. Season with salt. Bass, halibut, or pickerel are the best fish to use for forcemeat. Forcemeat is often shaped into small balls and boiled in water or broth.

STUFFING FOR FISH

Moisten 1 cup bread crumbs with $\frac{1}{3}$ cup melted butter. Season with salt and pepper.

Sauces for Meat, Fish, and Vegetables

If *flour* or *cornstarch* is to be used in *thickening sauces* or *gravy*, it is important to know that neither should be added to a hot liquid until they have been mixed to the consistency of cream with cold liquid (water, milk or stock); or mixed with salt or sugar, or melted fat so they will blend smoothly with the hot liquid. *When mixing them with the cold liquid*, use a fork and stir rapidly while the liquid is being added quite rapidly and steadily.

When blending any of the cold mixtures with the hot liquid stir rapidly and heat slowly so they will not cook too quickly in spots and cause lumps. These directions should be remembered also *when cooking cereals*, especially cornmeal and all fine grained cereals.

When egg is added to sauces, a small amount of the hot liquid should be added to the slightly beaten egg instead of adding the egg directly to the large quantity of hot liquid, which would harden the particles of albumen before they could blend smoothly.

When a sauce is made with milk, more of the liquid is needed than in a water sauce, because the milk itself contains about 12 per cent. solids.

When the liquid used is acid (as tomato juice, fruit juice, vinegar, etc.) the hot acid acts upon the starch, changing part of it to dextrin which has less thickening power, so more flour or cornstarch is needed than in water sauces.

For thickening sauces 1 tablespoon cornstarch is equal to about 3 tablespoons flour. All sauces become thicker as they cool.

Cornstarch requires longer cooking; flour can cook in three minutes, but cornstarch tastes raw when cooked less than twenty minutes. When highly flavored, as with chocolate or spices, the taste may not be noticed, but it is more digestible when cooked well.

MEDIUM WHITE SAUCE

(For Most Vegetables)

2 tablespoons butter	1 cup milk
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt

Melt butter, add flour, cook a moment, and slowly add milk and salt. Mix with about 2 cups vegetables or meat, well seasoned. Read directions above before making sauces.

THIN SAUCE

(For Soup, Macaroni, Potatoes, Etc.)

Same as above, but use only half the amount of flour and butter.

THICK SAUCE

Same as Medium White Sauce, using 3 tablespoons butter and 3 tablespoons flour.

BROWN SAUCE OR GRAVY

2 tablespoons drippings or butter	1 cup meat stock
2 or 3 tablespoons flour	$\frac{1}{4}$ teaspoon salt if needed
$\frac{1}{2}$ onion sliced	Pepper

Cook the onion in the fat until slightly brown. Remove the onion and cook the fat until well browned. Add the flour and brown in the fat. Stir in the stock gradually and add the seasoning. Cook until thick enough.

DRAWN BUTTER SAUCE

4 tablespoons butter	$1\frac{1}{2}$ cup hot water
3 tablespoons flour	$\frac{1}{2}$ teaspoon salt
Pepper	

Melt one-half the butter, add the flour with the seasonings, and stir in the hot water. Boil five minutes. Add the remaining butter. Two hard-boiled eggs or pickles may be chopped and added; or 3 tablespoons lemon juice.

CURRY SAUCE

White sauce with 1 teaspoon curry mixed with the flour.

CREAM SAUCE

Same as white sauce, although richer milk or cream may be used and a beaten egg-yolk added for more color and flavor.

YELLOW CREAM SAUCE

2 egg yolks	1 cup scalded milk
$\frac{1}{3}$ teaspoon salt	4 tablespoons butter
$\frac{1}{2}$ teaspoon paprika	1 teaspoon cornstarch

Beat egg yolks, add salt, paprika, butter, and cornstarch. Put on fire and, when mixed and starting to thicken, add gradually the milk, stirring constantly and cooking very slowly.

CARROT SAUCE

Make a cream sauce and add, just before taking up, enough finely minced, cooked, new carrots to fleck it ornamentally. This sauce is attractive and delicious for pouring over new potatoes, flaked salt or fresh fish, macaroni, etc. Also a bit of parsley makes it more attractive.

CHEESE SAUCE

2 tablespoons butter	1 teaspoon salt
2 tablespoons flour	Paprika
1 cup milk	$\frac{3}{4}$ cup grated cheese

Melt butter in small saucepan, stir in the flour and seasonings and gradually the milk. When it thickens add grated cheese, stirring constantly and vigorously over low heat till cheese is well blended. Serve over cauliflower, potatoes, hominy, toast, macaroni, rice, etc.

TOMATO SAUCE

1 pt. tomatoes	3 cloves
1 small onion	$\frac{1}{2}$ teaspoon whole pepper
	1 small carrot

Cook together till soft. Put through sieve, add lump of butter, about $\frac{1}{2}$ teaspoon salt and 1 tablespoon or more sugar. Let boil up and serve with fish, meat or macaroni. Two tablespoons each minced green pepper, pimienta, sour pickle, and crisp bacon may be added for variety. Canned tomato soup may be used as sauce.

BROWN TOMATO SAUCE

2 tablespoons butter	$\frac{1}{2}$ cup water
1 teaspoon chopped onion	1 cup tomato (stewed or strained)
1 bay leaf	Pepper
2 tablespoons flour,	1 teaspoon salt

Cook the onion and bay leaf in melted butter until golden brown. Remove from the fire, add the flour, and stir until smooth. Add the water, tomato, and seasoning. Boil three minutes, stirring constantly. Strain and serve with cooked meats or fish. Sugar may be added with the seasoning.

MAÎTRE D'HÔTEL BUTTER

$\frac{1}{3}$ cup butter	2 teaspoons finely chopped
$\frac{1}{2}$ teaspoon salt	parsley
$\frac{1}{8}$ teaspoon pepper (white),	1 tablespoon lemon juice

Work the butter until creamy, add seasonings and parsley, then the lemon juice very slowly. Spread over fried fish or chops, or cooked potato balls or other vegetables.

HOLLANDAISE SAUCE

$\frac{1}{4}$ or $\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon salt
2 egg yolks	Few grains cayenne
1 tablespoon lemon juice	$\frac{1}{2}$ cup boiling water

Divide the butter into three pieces, put one piece in a saucepan with the yolks of eggs and lemon juice. Place the saucepan in a

larger one containing boiling water, stir constantly until the butter is melted, then add the second piece of butter and, as it thickens, the third piece. Add the water, cook one minute, remove from the fire and season with the salt and cayenne. If the mixture curdles, add 2 tablespoons heavy cream and beat well.

BECHAMEL SAUCE

2 tablespoons butter	$\frac{1}{2}$ cup cream
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup white stock	Few grains pepper

In making, follow the directions given in White Sauce with the exception of cream, add it last.

SPANISH SAUCE

4 tablespoons butter	6 black peppers or 1 red
3 tablespoons flour	1 clove
2 tablespoons each of onion	2 sprigs parsley
celery, carrot chopped fine	1 teaspoon salt
1 bay leaf	$1\frac{1}{2}$ cups brown stock

Cook vegetables with butter until brown, add the flour mixed with seasonings, combine the stock, one-third at a time, cook together five minutes and strain.

MINT SAUCE

4 tablespoons minced mint leaves	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	6 tablespoons vinegar

Place mint in small covered bowl or cup and cover with sugar; let it stand one hour. Add salt to hot vinegar and pour over the mint; let this infuse for ten minutes before serving.

CREOLE SAUCE

Place in a saucepan 1 cup stewed tomatoes, $\frac{1}{2}$ cup chopped onions, $\frac{1}{2}$ cup stock or water, 1 tiny pinpoint of garlic, $\frac{1}{4}$ teaspoon thyme, and 2 finely chopped peppers. Cook until the onions and peppers are soft, then cool, and rub through a sieve, or these ingredients may be left in the sauce if desired. Now place 3 tablespoons shortening in a saucepan, and add 4 tablespoons flour. Brown, and then add the prepared purée. Stir to blend, bring to a boil and cook slowly three minutes. Now add 2 tablespoons tarragon vinegar, $\frac{1}{4}$ teaspoon gumbo powder, $\frac{1}{8}$ teaspoon cayenne, 1 teaspoon salt, and a tiny pinch of powdered cloves. Serve with meat, fish, fowl, boiled rice, or with eggs as in a Spanish omelet.

CAPER SAUCE

$\frac{1}{3}$ cup butter
3 tablespoons flour
 $\frac{1}{2}$ cup capers

$1\frac{1}{2}$ cup mutton broth
 $\frac{1}{2}$ teaspoon salt
Few grains cayenne

Melt butter, add flour mixed with seasonings; cook smooth, add broth (one-third at a time). Cook together, stirring constantly. When done, add the capers well drained from their liquor.

MUSHROOM SAUCE

Cook 2 tablespoons chopped onion in butter. Add $\frac{1}{3}$ cup tomato purée, $1\frac{1}{4}$ cups brown sauce or gravy, and 1 cup sliced mushrooms. Cook several minutes.

OLIVE SAUCE

To 1 cup chili sauce add 6 or 8 large olives, seeded and minced.

PICKLE AND PARSLEY SAUCE

One tablespoon onion and 1 tablespoon parsley, chopped and then combined with 1 teaspoon of fresh grated horseradish and 2 teaspoons of mixed chopped pickles. This mixture is blended with 1 cup French dressing, and then a chopped hard-cooked egg is added. Good with pork or beef.

HORSERADISH SAUCES

1. Add 2 tablespoons horseradish to 1 cup mayonnaise and 2 tablespoons cream.

2. Add 2 tablespoons horseradish to white sauce or a thickened gravy.

3. Two tablespoons of horseradish, 3 tablespoons of flour, 2 tablespoons cream, 2 tablespoons butter, 1 cup water. Melt the butter and blend smoothly with the flour, adding water and cream last. Finally, stir into grated horseradish and season with salt to taste. Use as a gravy with ham or, if liked sour, add a bit of vinegar.

ANCHOVY SAUCE

1 tablespoon butter
1 tablespoon flour
Pepper and salt to taste
 $\frac{1}{2}$ cup white stock

1 teaspoon anchovy paste
Yolk of 1 egg
 $\frac{1}{4}$ cup cream
1 teaspoon lemon juice

1 teaspoon chopped parsley

Put the butter and flour in a double boiler. When they are blended, add the seasoning, stock, and anchovy paste. Stir until smooth and creamy. Then add the yolk and cream, beaten together, the lemon juice and parsley. Stir them in slowly.

SPANISH SAUCE

- | | |
|---|--|
| 2 tablespoons finely chopped lean raw ham | $\frac{1}{4}$ cup butter |
| 2 tablespoons chopped celery | $\frac{1}{4}$ cup flour |
| 2 tablespoons chopped carrot | $1\frac{1}{3}$ cups brown stock |
| 1 tablespoon chopped onion | $\frac{2}{3}$ cup stewed and strained tomatoes |

Salt and pepper

Cook ham and vegetables with butter until butter is well browned; add flour, stock, and tomatoes; cook five minutes, then strain. Season with salt and pepper.

BARBECUE ROAST SAUCE

(For basting 15 lbs. pork, steaks, chicken, or any kind of meat)

- | | |
|---------------------------|-----------------------------|
| 1 lb. butter | 1 teaspoon pepper |
| 3 pts. water | 1 tablespoon Worcestershire |
| $\frac{1}{2}$ cup vinegar | 1 tablespoon tabasco sauce |
| 1 tablespoon dry mustard | 2 teaspoons paprika |
| 2 tablespoons salt | 1 onion chopped |
| 1 tablespoon chili powder | 2 sticks celery |

1 clove garlic, minced

Mix and boil half an hour. Dip meat in the hot sauce before roasting, and use a cloth tied on a stick to dip into the sauce often for basting the meat.

MEXICAN MEAT SAUCE

Fry a sliced onion in 2 tablespoons butter. Add 2 chopped green peppers, 2 tomatoes or 1 cup canned tomatoes, 1 teaspoon Worcestershire sauce, $\frac{1}{4}$ teaspoon celery salt. Cook ten minutes. Add meat sliced. Serve hot.

SAUCE FOR SALMON LOAF

Melt lump butter size of walnut, add 1 tablespoon flour, 1 cup sweet milk and liquid from salmon. Season with salt, pepper, and paprika. Cook five minutes. Pour sauce over loaf in meat platter.

QUICK COCKTAIL SAUCE FOR 6

Mix $\frac{1}{2}$ cup catsup, juice of half a lemon, 1 tablespoon of Worcestershire sauce, 1 tablespoon of grated horseradish, $\frac{1}{2}$ teaspoon of tabasco, $\frac{1}{4}$ teaspoon of salt, 1 teaspoon of minced onion.

OYSTER COCKTAIL SAUCE FOR 2

- | | |
|-----------------------------------|--------------------------------------|
| 1 tablespoon vinegar | 1 teaspoon salt |
| 1 tablespoon Worcestershire sauce | $\frac{1}{2}$ teaspoon sugar |
| 1 tablespoon horseradish | $\frac{1}{4}$ teaspoon tabasco sauce |
| 2 tablespoons lemon juice | 1 tablespoon catsup |

Mix in order given. Serve without heating.

TARTAR SAUCE

$\frac{1}{2}$ cup thick oil mayonnaise	1 tablespoon minced onion
1 or 2 tablespoons finely chopped pickle	or 2 tablespoons chopped olives

Chopped capers or chives may be added, also 1 teaspoon chopped parsley. Serve with baked fish or any sea food.

For CHILI SAUCE and COLD MEAT SAUCE

See Pickles. Also see Cranberry Sauces.

Fish

(Allow $\frac{1}{3}$ lb. fish steak or fillet per person; $\frac{1}{2}$ lb. whole fish.
See Sauces for Meat and Fish)

There are two general classes of fish foods—those from *salt water*, generally known as “sea food,” and those from *fresh water*. The *salt-water* fish are more important on account of their iodine content, especially the cod fish, our source of cod-liver oil or “bottled sunshine.” Other examples of *salt-water* fish are salmon, herring, haddock, halibut, mackerel, shad, smelts, and all of the shell fish except a few small crabs and turtles.

Examples of *fresh-water* fish are trout, pike, pickerel, whitefish, perch, black bass, and some salmon and shad.

Fish are further classified as *lean*, *medium fat*, *fat or oily* and *shellfish*. In lean fish the fat seems confined to the liver.

Lean Fish: Haddock, cod, smelts, pike, pickerel, flounders, bass, and lobsters.

Medium Fat Fish: White perch, brook trout, whitefish, oysters, and soft-shell crabs.

Fat or Oily Fish: Salmon, lake trout, herring, shad, bluefish, and eels.

Shellfish: Crustaceans—Lobsters, crabs, shrimps, prawns, and crawfish.

Mollusks—Clams, oysters, scallops, and mussels.

Frogs, Terrapins, and Turtles.

SELECTING FISH

The chief point in judging fish is the fresh odor (especially notice inside, along the back bone) even in frozen fish, but other requisites are full, bright eyes, bright gills, and firm flesh. If fish floats in water it should not be used.

CLEANING AND DRESSING FISH

Frozen fish can be thawed in the ice-box or in cold water, or it may be cooked without thawing. Do not leave it in cold water after it has become pliable—it loses flavor and firmness. *Salt fish* of course needs longer soaking—several hours or over night in a large quantity of water. Look for scales, even on “cleaned” fish, *before* cutting into it, as they are easier to remove then. Scrape the dull knife or scaler towards the head to *remove scales*. Remove the head (if desired), and if necessary to *skin the fish*, remove the fins and cut a strip of skin along the back bone, then pull off the whole skin.

To *bone a fish* that has very few small bones, clean (and skin if necessary), then insert a sharp knife through the flesh along the side of the backbone at the tail end and cut the flesh from the bone by sliding the knife along the bone to the head; turn the fish over and repeat on the other side; remove the backbone and pick out stray small bones with the fingers.

The boned fish may then be cut into serving pieces which are called *fillets*. When the fillets are rolled they are called *turbans*.

STEAMED AND BOILED FISH

(Cod, salmon, halibut, black bass, flounder, haddock, etc.)

Large fish are cut in thick pieces for boiling. Small cod and haddock are cooked whole in enough water to cover, or they may be put on a rack or plate in a steaming outfit. The cleaned fish may be rubbed with salt, tied in cheesecloth and put in the kettle, or on a rack, plate, or frying basket. If the fish is not rubbed with salt, add 1 teaspoon salt and 2 teaspoons lemon juice for each $\frac{1}{2}$ gal. water used. Do not put fish in the water till it is boiling, then allow the fish to simmer ten minutes to the pound for lean fish, fifteen minutes per pound for medium fat fish, and twenty minutes for oily fish. Boiled fish should be served with a rich sauce containing lemon, tomato, or vinegar. Or it may be flaked and used in many other recipes.

BAKED FISH

(Whitefish, halibut, pike, etc.)

Clean, stuff, and sew up. Rub with butter, dust with flour, salt, and pepper. Lay in well buttered pan, or put strips of bacon or chipped salt pork in pan and lay fish on the strips. In order to aid in handling the baked fish, a rack may be placed in the bottom of the greased pan, or a greased muslin cloth may be used so the fish can be more easily lifted without breaking when baked; then the bacon is placed on the rack or cloth. Dot fish with butter. Bake in hot oven thirty minutes to one hour, according to size. Baste often. When brown, serve with butter or any preferred sauce. Garnish with lemon slices and parsley.

Dressing

Fry small onion in 2 tablespoons butter. Add $\frac{1}{4}$ teaspoon salt, 1 cup dry bread soaked in cold water and squeezed till light. (Measure after squeezing.) Add 1 tablespoon parsley or $\frac{1}{4}$ teaspoon celery salt. Warm and stuff dressing in very loosely so it won't be heavy. If any is left bake in the pan or a custard cup.

PLANKED SHAD OR WHITEFISH

Clean and split a 3 lb. fish. Put skin-side down on a buttered plank, 1 inch thick and a little longer and wider than the fish, sprinkle with salt and pepper, and brush over with melted butter. Bake twenty-five minutes in hot oven. Remove from oven, spread with butter, and garnish with parsley and lemon. The fish should be sent to the table on plank. Planked fish is well cooked in a gas range having the flame over the fish.

SAUTÉD FISH STEAKS

Dip fresh halibut or salmon steaks in equal parts of flour and cornmeal, season with salt and pepper and brown in butter or bacon fat. Add a little minced onion if desired. One-half cup water with the juice of $\frac{1}{2}$ lemon should be used for basting the fish. Cover and cook over a low flame for thirty minutes. Garnish with lemon and parsley.

BROILED FISH

(Mackerel, smelts, shad, and all that are used also for boiling)

Clean the fish, remove the head and tail; split down the back and salt lightly. Broil over the coals, on a greased broiler, or in a gas broiling-oven, turning occasionally. Cook until the fish is tender, but firm, five to ten minutes; season with salt, pepper, and lemon juice or butter.

FRIED FISH

Clean the fish and wipe dry. Leave whole or cut in serving pieces. Sprinkle with salt and dip in flour, cornmeal, or crumbs. Cook in a frying-pan with enough fat to keep from sticking, turning when one side is browned.

DEEP FRIED FISH

Cut in pieces or slices; dust with salt, pepper, and flour. Dip in yolk of egg mixed with 2 or 3 tablespoons milk, then in dry crumbs. Fry three minutes in very hot deep fat. Drain, garnish, and serve with Hollandaise, tomato, or egg sauce.

FILLETS OF SOLE OR BASS

Fillets for 6	Butter
2 onions or 6 mushrooms,	2 egg-yolks
chopped fine	Salt
Parsley	Pepper

Lay the fillets in a well-buttered pan, and salt and pepper. Spread the onions or mushrooms with some minced parsley on the top of the fish, and put a small piece of butter on each piece.

Cook about twenty minutes in a moderate oven (380°–400° F.). When done lay fish on hot platter. Add $\frac{1}{4}$ cup water and the beaten yolks to the sauce in the pan. Stir till thickened and serve with fish. Any fish fillets may also be fried.

SARDINES SAUTÉD

Select the good-sized, boneless sardines. Take them carefully from the can, and lay on brown paper to drain. Melt 1 tablespoon butter, lay in the sardines, and delicately brown on both sides. Season with lemon juice, and serve on toasted crackers.

SCALLOPED FISH

2 cups cold, flaked fish	Salt and pepper
$1\frac{1}{2}$ cup white sauce	1 cup crumbs

Season the fish, mix with white sauce, place in a greased baking-dish, cover with crumbs, and bake in a hot oven until the crumbs are brown. Two hard-cooked eggs, sliced, may be used instead of $\frac{1}{2}$ cup fish. Two tablespoons chopped green pepper or pimienta may be added.

BAKED MACKEREL

If salted, soak the fish over night in enough cold water to cover. Drain, if soaked, dredge with flour, place in a baking-pan, half cover with milk, and bake slowly about twenty-five minutes in a moderate oven (350° F.) until the fish is tender. Baste occasionally, and add more milk if necessary. Before serving a little cream may be added, with a lump of butter.

CARP

Carp possesses high food value, but its flavor, unless it is carefully cooked, is apt to be a bit muddy and its texture coarse. The muddy flavor may be eliminated by skinning the fish instead of cleaning it in the usual fashion, and permitting it to remain in salt water for several hours after it is cleaned and the head removed. With this preliminary treatment, it is delicious, if cut in pieces for serving, dipped in beaten egg and cracker crumbs, then dotted generously with butter and baked. Serve with lemon sauce.

FLAKED FISH IN POTATO BORDER

Remove skin and bones from any cooked or canned fish, and separate into flakes. Moisten leftover mashed potato with hot milk to make of right consistency, put in small pan and stir until hot. Make a border of the potato on an egg shirrer or saucer, fill center with flaked fish, cover with fish sauce or cream, and place in oven until heated through. Greased cups or ramekins may be used.

SHAD ROE

Other fish than shad have roe quite as palatable as shad. Fresh roe requires a preliminary treatment similar to sweetbread, if it is to be at its best when served. This consists of parboiling for a few moments in slightly salted water, to which 1 tablespoon of vinegar has been added. The roe is then drained, cooled, and all membrane pulled out of it. It is then ready for boiling, baking, frying, or preparing in any way desired. If it is baked, it should be dipped in melted butter, dredged with salt, pepper, and flour, and baked for twenty minutes, basting frequently with a mixture of salt, pepper, butter, and hot water. A thin film of flour should be sifted over it after each basting. Well-crumbed roe is often fried in deep fat.

FLAKED FISH WITH CHEESE

2 cups milk	2 eggs
2 cups fish flakes	3 rolled crackers
½ cup grated cheese	Butter

Mix fish flakes and cheese, add beaten eggs and milk. Pour into buttered casserole, cover with crackers rolled and mixed with melted butter. Cover and bake one-half hour in slow oven (350° F.).

FISH SOUFFLÉ

1 cup fish flakes	1 teaspoon salt
2 cups mashed potatoes	1 cup of white sauce
3 egg yolks	3 egg whites

Beat lightly together, adding stiffly beaten whites of eggs last. Pile in buttered casserole and bake in slow oven about thirty minutes, or heat over low flame until puffed and set. To brown, place under a broiler flame, or brush top with butter, heat casserole cover, and keep it over the soufflé for ten minutes before serving.

FISH CAKES

Separate cooked fish from all bones. Add beaten egg, salt and pepper, a bit of parsley, 1 teaspoon flour mixed with a bit of milk. Roll in egg and crumbs, and fry brown. Serve with tartar sauce.

JELLIED FISH

Boil whitefish in salt water to which mixed spices and a bit of onion have been added. Strain broth to remove spices, and add the flaked fish and about 1 tablespoon soaked gelatin for 1½ cup broth. Add vinegar or lemon to taste and cool.

FINNAN HADDIE

Finnan Haddie is salted haddock. It should be soaked several hours or over night in cold water, then boiled slowly in fresh water. Then it may be baked in milk or served with melted butter, parsley and sliced hard-boiled eggs, or a cream sauce.

HADDIE SPECIAL

Soak over night, if salted, then boil a 3 lb. haddock until the skin comes off easily (about forty-five minutes), remove every particle of bone, cut into small pieces, shred; put 1 cup cream into a pan, add 3 finely-chopped hard-boiled eggs. Rub together 2 round tablespoons flour and 2 tablespoons butter, and add to cream. Stir until the mixture begins to thicken, then blend a raw yolk and add it to the haddie. Sprinkle with finely chopped parsley, and serve on toast. (More cream may be used.)

MOCK LOBSTER NEWBURG

2 cups boiled or canned lobster or haddock, flaked	3 tablespoons butter
2 tablespoons pimienta, finely chopped	1½ tablespoons flour
1 tablespoon lemon juice	¾ cup milk
	2 egg yolks
	½ cup heavy cream

Mix haddock, pimienta, and lemon juice, and let stand one hour. Melt butter, add flour and milk gradually. Cook until thick, stirring constantly. Add ½ teaspoon salt, ¼ teaspoon paprika, few grains of cayenne and nutmeg. Add fish. Beat egg yolks slightly and add to mixture. Cook until thickened. Just before serving add cream, and reheat.

SMELTS

Smelts may be cleaned, boned and sliced, or the head and tail may be left on and the fish skewered into various shapes. Season and dip into flour, or egg, milk and crumbs. Fry, sauté, or bake slowly. Serve with a sauce.

EELS

Clean eels, cut in 2-inch pieces, and parboil eight minutes. Sprinkle with salt and pepper, dip in corn meal and sauté in pork fat.

FROG LEGS, FRIED

Cut off the heads, then pull the skin off the legs like turning a glove inside out. Scald the legs for just a moment; drain and dry; dust with salt and pepper, dip in beaten egg, then in rolled cracker, let stand ten minutes, and fry quickly in deep hot fat about five minutes.

SPANISH CODFISH

Pick over salt codfish and separate in small pieces; there should be $\frac{2}{3}$ cup. Cover with lukewarm water, soak until soft, and drain. Cut four medium-sized cold boiled potatoes in slices. Arrange alternate layers of potatoes and fish in buttered baking dish, sprinkle with salt and pepper and cover with one and one-half canned pimientos cut in strips; repeat. Pour over 1 cup tomato sauce, cover with buttered cracker crumbs, and bake until crumbs are brown.

CREAMED CODFISH OR CRAB MEAT

$\frac{1}{2}$ lb. codfish	5 tablespoons flour
$2\frac{1}{2}$ cups milk	1 egg
$\frac{1}{2}$ cup cream or a lump of butter	1 teaspoon salt if needed

Flake salt cod and put it to soak the night before. In the morning drain off the water, cover with fresh, and bring to a boil. Turn this off and cover with the milk and cream. Beat egg slightly and add flour to make paste. Stir this into the milk, boil, and add seasoning. Serve with baked potato or on squares of very crisp toast.

POTATO CODFISH BALLS

Boil and mash as many potatoes as desired, using about $\frac{1}{2}$ lb. (1 cup) soaked and drained codfish to 1 lb. potatoes (2 cups). Have fish picked apart, and cut fine; after soaking and drying, mix thoroughly with potatoes, adding 1 tablespoon butter, yolks of 2 eggs, $\frac{1}{2}$ teaspoon salt, and a dash of pepper. Make into balls, or cakes, dip in beaten egg and bread crumbs and fry in hot fat. If preferred the fish may be cooked with the potatoes a few minutes. For lighter balls, fold in the beaten egg whites last. If the fish is very salty, parboil and drain it.

SALMON

Canned salmon can be cooked with cream sauce, curried or, after being seasoned with lemon juice and salt, simply heated in butter, and served on toasted crackers.

BOILED SALMON

Have a piece of salmon cut from the thick part of the fish. Wash in cold water and wrap in cheesecloth so that it may be handled easily. Put in boiling water to which a little salt and lemon juice have been added. Simmer until the flesh will separate easily into flakes, but be careful not to let it cook to pieces. (Cook 2 or 3 lbs. about one-half hour.) Take from the water and remove skin. Place on a platter, and garnish with potato balls, parsley, and lemon.

SALMON CANAPÉS

Drain a small can of salmon, free from skin and bone, and flake the fish. Add the juice of $\frac{1}{2}$ lemon and a small onion, pepper, salt, 1 tablespoon washed capers, 1 tablespoon sharp French dressing, and enough mayonnaise to bind the mixture. Spread it lightly on toast rounds and cap them with a small lettuce leaf spread with mayonnaise, then dusted with paprika. Place a stuffed olive in the center. Sardines may be used instead of salmon.

SALMON CUTLETS

2 cups flaked salmon or any fish	1 teaspoon chopped parsley
1 cup thick white sauce	Paprika
	1 teaspoon lemon juice
	Salt

Mix in the order given and spread on a platter to cool. When cold, shape like a cutlet. Dip in slightly beaten egg and dry bread or cracker crumbs, then chill several hours to make firm. If desired, a piece of macaroni may be inserted in the small end to represent the bone. Tuna-fish or lobster may be used instead of salmon. Fry in deep fat until brown, and drain on paper. Instead of white sauce, 2 slightly beaten eggs and about 2 tablespoons milk may be used with enough flour to mold. May be served with tomato or tartar sauce.

SALMON ROLLS

Mix 1 can flaked salmon with 1 cup cooked rice. Season. Divide into 8 parts. Roll each part in cabbage leaves, fasten together with toothpicks, cook until tender in juice from salmon and a little water in a steamer.

SALMON GEMS

These make an excellent luncheon dish. Strain the liquor from 1 can of salmon, shred fish fine, add salt and pepper to taste, and mix with the following:

$1\frac{1}{2}$ cups corn flakes	2 eggs—yolks first, and whites,
$\frac{1}{2}$ cup of milk	beaten stiff, added last

Bake thirty minutes in individual gem pans instead of in a loaf. Serve with a sauce made as follows:

Two tablespoons of butter, 2 tablespoons of flour. Add slowly $\frac{3}{4}$ cup of milk and the liquor from the salmon. Cook until smooth, remove from fire, and add 1 cup of chopped stuffed olives. Garnish with parsley.

SALMON BREAD TIMBALES

- | | |
|-------------------------------------|--------------------------------|
| 1 lb. salmon or tuna fish | 1 tablespoon lemon juice |
| $\frac{3}{2}$ cup soft bread crumbs | 4 beaten eggs |
| 1 tablespoon melted butter | $\frac{1}{4}$ teaspoon paprika |

Remove bones and skin, and break salmon or tuna fish into small pieces. Mix together all the ingredients and pack closely in small buttered timbale tins or cups. Set them in a pan of hot water, and bake until firm. Turn out on squares, rounds or triangles of bread, and serve with amber sauce.

Amber Sauce

- | | |
|--------------------------------|-----------------------------|
| 2 tablespoons butter | 2 cups meat stock or water |
| 4 tablespoons flour | 2 teaspoons lemon juice |
| $\frac{1}{2}$ teaspoon salt | 2 teaspoons chopped parsley |
| $\frac{1}{4}$ teaspoon paprika | |

Brown butter; add flour and stock or water, stirring until thick. Boil; add seasonings beaten with an egg yolk. Remove immediately from fire.

SALMON EN CASSEROLE

- | | |
|----------------------|--------------------------|
| Boiled rice | 1 cup tomato sauce |
| Small can of salmon | 1 tablespoon lemon juice |
| 1 tablespoon parsley | |

Line a buttered casserole 1 inch thick with boiled and well-seasoned rice. Pick over, and season with lemon juice and chopped parsley, 1 can of salmon. Moisten with tomato sauce, fill center of casserole, cover with rice, heat over low flame or steam twenty-five minutes. Turn it out, and pour tomato sauce around the mold.

SHRIMP WIGGLE OR SALMON WITH PEAS

Make sauce of 4 tablespoons butter, 3 tablespoons flour, $1\frac{1}{2}$ cup milk. Add 1 cup minced salmon (or whole, veined shrimps), 1 small can of peas. Serve on hot toast. (Leftover may be served as salad with diced celery and dressing.)

SALMON LOAF

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|-----------------------------|--------------------------|
| 1 can red salmon | $\frac{1}{2}$ cup milk |
| 2 eggs, beaten separately | 1 cup stale bread crumbs |
| 1 teaspoon lemon juice | Salt |
| 4 tablespoons melted butter | Pepper |

Steam one hour or bake thirty minutes. Add sauce, a bit of parsley (and buttered peas if desired).

Sauce

2 tablespoons butter
 2 tablespoons flour
 1 cup milk

Strained liquor from salmon
 Salt
 Pepper

Mix and cook like white sauce. Any flaked cooked fish may be used instead of salmon.

SALMON CROQUETTES

2 cups salmon
 1½ cups bread crumbs
 3 tablespoons flour or
 2 beaten eggs
 Salt, pepper, and a dash of celery salt.

Mix ingredients, make into croquettes, and fry. Serve with tomato sauce or a can of tomato soup seasoned with 1 tablespoon sugar and ⅛ teaspoon ground cloves.

TUNA FISH LOAF

Flake 1 can of tuna with a fork. Chop 6 oysters, ½ of a green pepper and 1 small onion into bits and add to the fish with a slightly beaten egg, ½ teaspoon of salt, and a cupful of soft bread crumbs. Add the oil from the fish can. Mix well, put into a buttered baking dish, and sprinkle with fine buttered bread crumbs. Bake in a moderate oven until browned, which is about twenty minutes, and serve with tomato sauce.

TUNA NEWBURG (for 6)

1 tablespoon butter
 1 tablespoon flour
 1¼ cups thin cream
 1½ tablespoon chopped green pepper
 1 tablespoon grated onion
 2 cups tuna fish
 1 egg
 1½ tablespoon chopped pimiento

Melt butter, add flour and cream gradually. Bring to boiling point. Add peppers, pimiento, onion, and tuna with egg slightly beaten, and cook three minutes. Serve in patty cases or on toast.

MOCK CHICKEN MOUSSE

Flake a large can of tuna fish, add ½ pt. cream and 3 eggs (just well blended, not well beaten). Bake slowly like a custard in a greased glass baking dish. Make a thin cream sauce by cooking 2 slightly rounded tablespoons butter and the same amount of flour for a moment, then adding a pint of milk and cooking two or three minutes until well blended. Then add ¼ lb. fresh mushrooms, fried, and pour over the fish.

CREAMED TUNA ON TOAST (For 4 Persons)

Toast bread. Remove skin and oil from small can of tuna. Shred in rather small pieces; add to cream sauce; stir gently on fire. Place on toast. Garnish with parsley and hot hard-boiled eggs sliced, and sprinkle well with paprika.

Cream Sauce

Add 2 round tablespoons flour to 2 tablespoons melted butter. Slowly add 1 cup cold water and 1 cup evaporated milk. Boil three minutes. Add $\frac{1}{4}$ teaspoon salt or little more. Pepper to taste, and serve.

TUNA SOUFFLÉ

1 cup fresh bread crumbs	1 heaping tablespoon butter
1 cup tuna fish	Salt and pepper
1 cup milk	Mix and add 2 beaten eggs

Bake twenty to thirty minutes in buttered casserole.

Shellfish

Why wait for the occasional "special" meal to eat lobsters, clams, oysters, and the rest of the shellfish family, so delicious and easy to prepare? On account of the iodine content, which plays an important part in preventing goiter, salt-water fish, fresh or preserved, should be eaten at least once a week. Cook shellfish a short time, as long cooking toughens them, for example, "leather" oysters. *Clams, mussels, scallops, and oysters* may be used in the same recipes.

To Open Oysters.—Wash the shells, then hold them firmly, with the thick part of the shell toward the palm of the hand, and push a strong, thin knife between the shells near the back and run it along between the shells till it cuts the strong muscle that holds them together.

To Clean Oysters.—Put them in a strainer and save the liquor that goes through; this will clear the broth of bits of shell, then run each oyster carefully through the fingers to remove pieces of shell.

OYSTER STEW (For 6 to 8 Persons)

1 qt. oysters	2 cups milk (or more)
1 cup oyster liquor	2 tablespoons butter
½ cup water (or more)	½ teaspoon salt
⅛ teaspoon pepper	

Drain and clean the oysters; strain the liquor to remove bits of shell, add milk and water, seasonings and butter. Let come to a boil, add the oysters, cook just till the edges curl. One-half cup scalded cream may be added before serving. Serve with oyster crackers and celery.

FAMOUS INDIVIDUAL OYSTER STEW

Put 2 tablespoons butter in bottom of pan and, as soon as the butter begins to melt, add 8 small oysters, well seasoned, including a liberal dash of paprika. When the butter is bubbling pour in ¼ cup of the liquor from the oysters and allow the cooking to continue a little longer, then add ⅓ qt. hot milk, or a mixture of half milk and half cream, or else all cream, waiting only until sure that the stew is very hot. Then pour it immediately over ½ tablespoon butter in a soup bowl, and sprinkle paprika generously over top.

FRIED OYSTERS

Drain, clean, and dry the oysters. Sprinkle lightly with salt and pepper, dip in flour, egg, and cracker or stale bread crumbs, and fry in deep fat. Drain on brown paper. Serve hot, garnish with parsley and lemon. Fried oysters should be served immediately. It is better not to begin frying until they are wanted than to delay serving. Catchup may be added to the egg mixture.

SCALLOPED OYSTERS

1 pt. oysters	$\frac{1}{3}$ cup butter, melted
$2\frac{1}{2}$ cups medium coarse cracker crumbs	2 cups oyster liquor or water
	1 teaspoon salt
$\frac{1}{2}$ cup coarse cracker crumbs	$\frac{1}{8}$ teaspoon pepper

Drain and clean the oysters; rub a baking dish thickly with cold butter, sprinkle the bottom with a layer of coarse crumbs. Mix the remainder of the cracker crumbs and stir in the butter. Arrange the oysters and crumbs in alternate layers, season each with pepper and salt. Pour the oyster liquor on top. Water or cream may be added, but not milk, if more moisture is needed. (Milk gives a sweet taste.) Bake twenty-five to thirty minutes in a quick oven. Serves five or six.

PIGS IN BLANKETS

Drain and carefully dry plump oysters. Wrap each one in a thin slice of bacon, fasten with a toothpick, and fry quickly in hot fat.

OYSTERS FRICASSEED WITH MUSHROOMS

1 pt. oysters	1 cup cream
$\frac{1}{2}$ cup canned mushrooms cut in halves	1 tablespoon butter
	1 tablespoon flour
1 cup mushroom liquor	Yolks of 2 eggs

Melt the butter without browning; add the flour and stir until smooth. Pour in the cream and mushroom liquor, and, when mixed smooth, add the oysters and mushrooms. Stir until the oysters begin to plump and curl. Add to the beaten yolks of eggs gradually, stirring gently all the time. As soon as well mixed and the sauce looks smooth and creamy, season and serve.

BOILED SHRIMPS

Take the black strip out of boiled shrimps and serve hot with melted butter. They may also be served fried, a la Newburg, creamed with peas, or with a curry cream sauce. Or they may be mixed with bread crumbs and egg and baked twenty minutes in green pepper shells or ramekins.

SHRIMP SALAD IN GREEN PEPPER

Canned or boiled shrimps are marinated in a little French dressing and allowed to stand till chilled. The scooped-out pepper shell is filled with the shrimps and mayonnaise and garnished with strips of pimiento. With this serve tiny sandwiches of white and brown bread. For other shrimp recipes, see Salads.

TO BOIL AND DRESS LOBSTER

The shell of live lobster usually is a mottled dull green; boiling makes it turn red. Uncooked lobsters should be alive when purchased. In selecting a boiled lobster, straighten its tail; if it springs into place, the lobster was alive, as it should have been, when boiled. Plunge the live lobster head downward into a large kettle of boiling water. Add 1 tablespoon salt, cover and boil twenty minutes, then drop it into cold water. When cool enough to handle, chop off the claws and with a sharp knife split the body down the back from head to tail.

Remove and throw away the stomach, a small sac just back of the head. Running from the stomach to the base of the tail is the intestinal canal. If this does not pull out with the stomach, it must be lifted out with a fork, in pieces, if necessary, and removed entirely.

Crack the claws and remove the meat. If the lobster is not to be served whole, take out the meat from the body, the creamy green fat which constitutes the liver, and the coral or spawn found in female lobsters. The spongy particles between the meat and shell are not used.

In cutting up the meat of cooked lobster, always use a silver or stainless steel knife, any other steel knife discolors or darkens the meat.

If the lobster is to be broiled it may be boiled five minutes, split, cleaned, and placed on a broiler for ten minutes. The lobster may be served in the shell, or the meat may be removed and served with a sauce or with a salad dressing.

To Split a Live Lobster.—Kill it by inserting a sharp knife in the back, between the body and tail shells, severing the spinal cord. Cross the large claws and hold firmly with left hand. With a sharp-pointed knife, held in right hand, begin at the mouth and make a deep incision and, with a sharp cut, draw the knife quickly through the back and entire length of tail. Open lobster, remove intestinal vein, liver, and stomach, and crack claw shells with a mallet.

BROILED LOBSTER

Split as described above, dress, crack the claws, spread the lobster on the greased broiler with shell side down. Brush with

melted butter, salt and pepper, and broil slowly from eight to ten minutes then turn it over and broil about eight to ten minutes on the shell side.

BAKED LOBSTER WITH DEVEILED SAUCE

Prepare lobster same as Broiled Lobster and place in a dripping pan. Cook liver of lobster with 1 tablespoon butter three minutes. Season highly with salt, cayenne, and Worcestershire sauce. Spread over lobster, and bake in a hot oven fifteen minutes. Remove to platter and serve at once, allowing 1½ lb. lobster to each person.

LOBSTER COCKTAIL

2 lobsters or 2 cans	1 teaspoon salt
2 tablespoons tomato catsup	A few grains cayenne
1 tablespoon horseradish	1 tablespoon chopped olives
1 tablespoon lemon juice	

Cut lobster in small pieces, mix other ingredients, pour over lobster and let stand one hour. Serve cold in glasses.

LOBSTER À LA NEWBURG

2 or 3 tablespoons flour	1 pt. milk
browned in 3 tablespoons	1 pt. cream
butter	Yolks of 3 eggs
2 large cans lobster	

Do not add lobster until ready to serve. Cook the flour and milk three minutes, then add cream mixed with egg yolks and stir over low heat till smooth.

SEA MUSSELS

Sea mussels are as good as oysters, and may be used the same. They may be eaten when oysters are out of season. Canned mussels are obtainable nearly everywhere. When fresh mussels are used, the shells may be opened by steaming, or with a knife. The horny "beard" must be removed and discarded.

SCALLOPS

The central muscle is the edible portion of scallops. Clean, drain, and dry scallops with a cloth. Season well, dip in crumbs, egg diluted with water, and crumbs again, and fry until brown in deep fat. Drain on paper. They may also be broiled or added to cream sauce and cooked in a double boiler fifteen minutes. They may be used in oyster or clam recipes.

CLAMS

The shells are usually tightly closed and resist efforts to open them. If a partly opened shell is found, it should close quickly when touched or jarred if the clam is alive. If this does not occur, the clam should be discarded. One pk. will make about 1 qt. when shelled. Clams may be substituted in oyster recipes.

When gathered or if purchased, the clams should be put into cold fresh water with cornmeal sprinkled over the top of the water, a cup of cornmeal to a peck of clams. Let stand over night. This is to cleanse the insides of sand, which is not removable by scrubbing the outside of the shells. The scrubbing should be thoroughly done after the cornmeal treatment.

CLAM COCKTAIL

Use 6 Little Neck Clams to each portion. Over each portion pour 1 tablespoon of lemon juice, 2 drops of a hot table sauce, 2 drops of onion juice, and salt. Serve in glasses embedded in finely chopped ice.

OYSTERS OR LITTLE NECK CLAMS ON THE HALF SHELL

Serve on the deep half of the shells, allowing six to each person. Arrange on plates of crushed ice with $\frac{1}{4}$ lemon or a tiny cup of cocktail sauce in the center.

FRIED CLAMS

Wash clams well and remove from the shells. Dry on a soft cloth. Dip in thick mayonnaise, fine crumbs, beaten egg, and crumbs again. Let dry a few minutes; then fry in deep hot fat (375° F.) until browned (three to five minutes). Drain on absorbent paper. Serve with broiled bacon accompanied with lemon cut in sections lengthwise.

QUICK CLAM CHOWDER (For 6 Persons)

3 or 4 slices bacon	1 can tomato soup
1 dozen clams	1 can vegetable soup
Pinch of thyme	

Mince the bacon and cook until brown and crisp. Add clams put through food chopper, using all the juice, and let simmer five minutes. Add the soup and thyme and cook another five minutes.

STEAMED CLAMS

Scrub the shells thoroughly and place the live (little neck or hard-shell) clams in a kettle, allowing 2 cups of water to a peck of clams. Cover the kettle closely and steam only till the shells partially open, which will be about ten minutes. Remove from the kettle and serve on hot plates, allowing eight to a dozen to a serving. Accompany with small individual dishes of melted butter. A little hot water or clam broth in the dish keeps the butter hot for a longer period. The clams are taken up by the head or siphon with the fingers or fork, dipped into the butter and the tender part bitten off, discarding the siphon.

NEW YORK CLAM CHOWDER (For 10 Persons)

1 pt. clams	1 pt. tomatoes
$\frac{1}{2}$ lb. salt pork	1 cup yellow turnip (may omit)
1 pt. potatoes	2 tablespoons parsley
1 cup onion	2 teaspoons salt
$\frac{1}{2}$ cup carrots	

Water

Dice pork and fry brown, add chopped vegetables and water to cover. Cook one hour. Add clams and simmer thirty minutes longer. Add more seasoning if desired. Serve very hot.

CLAM FRITTERS

$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk or clam juice
2 teaspoons baking powder	2 eggs
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ teaspoons grated onion
$\frac{1}{8}$ teaspoon pepper	1 teaspoon melted shortening
$\frac{1}{8}$ teaspoon paprika	10 clams (or any kind of fish)

Sift together dry ingredients; add liquid, beaten eggs, onion, and shortening; rinse clams, put through meat chopper and add to batter. Take 1 tablespoon of batter for each fritter and fry on hot greased griddle or in deep fat.

CLAM BAKE

For baking clams along the shore, the clams are washed in sea water and placed on stones that have been heated by building a bonfire on the stones for two or three hours, then scraping off the ashes. The stones should be sprinkled with a thin layer of seaweed, then the clams are placed on the seaweed and covered with more seaweed and a piece of heavy canvas to retain the steam. When the shells start to open the clams are ready to serve with melted butter. It may take from one and a half to three hours, depending upon the heat as well as the number.

CRABS

Oyster Crabs are very small, soft crabs found in oyster shells, and served in oyster soup; they turn pink when cooked. All uncooked crabs should be alive when purchased.

Soft-shell Crabs.—The back of the crab tapers to a point at each side. Lay the crab on its face, take one of these points between the thumb and forefinger of the left hand and pull the shell back about half-way. Pull off all the spongy substance which is thus exposed. Repeat the operation at the other point on the opposite side. Pull off the tail (apron) which laps under the crab, and the spongy substance under it. Wash the crabs in cold water, and they are ready to dip in crumbs and fry or broil.

BROILED SOFT-SHELL CRABS

Prepare about 6 crabs. In a deep plate melt $\frac{1}{4}$ cup butter, and add 2 tablespoons lemon juice, salt, pepper, and a speck of cayenne. Roll the crabs first in this mixture, then in flour, and broil eight minutes.

FRIED SOFT-SHELL CRABS

Prepare the crabs, dip them in beaten egg, then in rolled bread-crumbs seasoned with salt and pepper. Have the saucepan hot, with enough oil to keep the fish from burning. Fry as quickly as possible and turn while frying. All shell-fish require rapid cooking; slow cooking allows the juice to escape and makes the meat tough. They should cook in from eight to ten minutes and be of a deep red color when done.

Hard-shell Crabs.—Throw the live crabs head first into rapidly boiling water. After five minutes, add 1 tablespoon of salt and boil for thirty minutes. When cold, break off the apron, or tail. Take the crabs in both hands, with the thumbs at the tail end, and pull the upper and lower shells apart. Discard the material that sticks to the upper shell, and pull off all the orange, waxy material and white spongy part between the halves of the body and at each side. The edible part of the crab lies in the two compact masses remaining, and in the small flakes that may be extracted from the large claws. The latter must be broken with a cleaver or hammer.

Hard-shell crabs may be cooked as lobsters. The meat is usually removed from the shell, and combined with sauce or salad dressing, or scalloped.

FAVORITE DEVEILED CRABS

12 hard-shell crabs or	1 cup milk or cream
2 cups crab meat	2 tablespoons flour
1 teaspoon mustard	1½ cups soft bread-crumbs
1 teaspoon salt	Dash of nutmeg and cayenne
3 tablespoons butter	½ tablespoon chopped parsley
½ tablespoon lemon juice	

Prepare the crabs. Save and wash the upper shells thoroughly. Heat the milk or cream in a small saucepan; thoroughly mix the flour and mustard and 2 tablespoons of the butter, and stir the scalded milk or cream into this mixture. Boil two minutes, remove from the fire, and add the crab meat and seasonings. Mix well, and put the mixture into six crab shells. Sprinkle with the crumbs and place the remainder of the butter, cut in small pieces, on top of the crumbs. Cook on the grate in a hot oven until the crumbs are brown. Serve on a bed of parsley, garnishing with the claws.

CRAB RAREBIT

1 tablespoon butter	Pepper
2 tablespoons flour	Parsley
2 cups cream	1 to 2 cups crab-meat, fresh
⅛ teaspoon soda	or canned
½ teaspoon salt	2 tablespoons Parmesan cheese
	Toast

Make a white sauce of the butter, flour, cream, soda, and seasonings. Add chopped cooked crab-meat. Arrange squares of buttered toast on a hot platter. Pour the crab mixture over them, sprinkle with grated cheese, and serve piping hot. This recipe serves four or five.

TERRAPINS OR TURTLES

If possible, cut off the head of *large Southern turtles*, *snapping turtles*, and *soft-shell turtles* while alive, then let them lie in cold water about half an hour or hang them up till the blood stops dripping. If necessary, kill them the same as terrapins by plunging them into boiling water, then remove the head and proceed as described above. When well drained, wash, drop into fresh, boiling, salted water and cook ten minutes, then put into cold water, and when cool enough, rub the nails and dark skin from the legs with a coarse cloth.

Wash the turtle carefully, place it in boiling water and cook until the flesh is tender, which will be when the joints of the legs can be broken with a slight pressure, and the shells separate

easily. This will take from thirty to sixty minutes. Remove the turtle from the water and, after it has cooled, place it on its back with the head away from you, and remove the under shell.

The liver, gall-bladder, and sand-bag will be found near the head, and the gall attached to the left side of the liver. Take out the gall, being careful not to break it. Discard the entrails.

Take out the eggs, if any, remove the membrane and drop them into cold water. Cut all the meat very fine, saving any broth that may collect in the shell. Then more water may be added and the meat cooked till the skin is like jelly, for soup or stews; or it may be served with a sauce the same as creamed chicken or chicken a la king, or served with a mushroom sauce.

If *terrapin* is used, wash and plunge it alive into boiling salted water, and cook for about ten minutes. Then plunge it into cold water, rub off the toe nails and dark skin, place it again in salted boiling water and cook until the legs are tender, about thirty to sixty minutes. Clean the terrapin according to directions for turtles, but instead of throwing away the small intestines, cut them in very small pieces and use them for food. Discard the thick intestines. The cooked meat may be cut into small pieces and served the same as turtle or chicken.

Egg Dishes

Eggs may be dressed up in many ways. The refrigerator will frequently supply a small amount of something that can be added to a white sauce to be served over the hard-boiled or poached egg or between and around an omelet. One or two sausages cut in pieces, a bit of chopped meat or chicken, a few asparagus tips, fine strips of ham or pimiento, a mushroom or two, or a little canned or smoked salmon may be used.

These amounts may be too small to be used by themselves, but when combined with eggs make a very pleasing dish. Leftover spinach may be used as a foundation for a poached egg, as may a piece of ham. A sauce over the egg, sprinkled with cheese and browned under the gas flame, makes a most attractive luncheon dish. A poached egg without the sauce but with a sprig of parsley or a pinch of chopped parsley in the center, or a strip or two of green pepper, becomes more interesting and attractive than the ungarnished egg.

USES FOR EGG WHITES

(Add to this list as you find uses)

A leftover white may be saved indefinitely. Keep it on a plate until it has thoroughly dried. Then scrape off the crystals that have formed and store them in a glass jar. One tablespoon of the powder dissolved in 2 tablespoons of water will equal one egg white. It will beat up as well as storage eggs.

Angel Food.....	3 to 11 whites	Nut Macaroons.....	2 whites
Soufflés.....	1 to 4 whites	Peanut Cakes.....	2 whites
White Layer Cake.....	4 whites	Surprise Cakes.....	2 whites
Meringues.....	3 to 4 whites	Hazelnut Macaroons...	6 whites
Cornflake Puffs.....	2 whites	Schaum Torte.....	4 whites
Boiled Frosting....	1 to 4 whites	Marshmallow Loaf....	4 whites
Fruit Snows.....	1 to 3 whites	Ices.....	2 to 4 whites
Foamy Sauce.....	1 or 2 whites	Strawberry Whip.....	2 whites
Fruit Sauce.....	1 or 2 whites	Pineapple Gelatin.....	2 whites
Cocoanut Kisses.....	3 whites	Raspberry Foam.....	2 whites

USES FOR YOLKS

Never leave the yolks of eggs standing uncovered. Drop them, as soon as separated from the whites, into a dish of cold water or cooking oil, putting into separate dishes those you intend to use for special recipes, in order to know the number.

When a recipe calls for eggs "beaten separately," the whites may be beaten till stiff enough, then add the unbeaten yolks gradually and beat them together. It is a surprising success.

The whole yolks may be dropped in boiling water and thoroughly cooked, to be grated over salads, creamed dishes, or soups as a garnish. Two yolks are as good as whole eggs for making veal loaf, croquettes, or any meat dishes that need eggs as a binding medium. Beaten with a teaspoon of water, a yolk answers perfectly for breading croquettes or anything that is to be dipped in egg and crumbs before frying.

Nearly all dark cakes—devil's-food, spice cakes and simple fruit cakes—can be made by using two yolks for each whole egg that is called for in the recipe, by adding 1 tablespoon water to each yolk, beating vigorously, and using a little more baking powder in the cake. A good, reliable gold-cake recipe may be used in making marble cake, small cakes, such as sponge drops, and even for nut-loaf cakes, and a fine yellow icing is made by pouring the boiling sugar and water over the yolks instead of the whites of eggs. In any other kind of recipe, which calls for whole eggs, the eggs may be substituted by using 2 yolks for each whole egg or, in some cases, adding 1 teaspoon or 1 tablespoon water to the yolk. In the following recipes yolks may be used alone:

Velvet cake (8 yolks); bread puddings; baked custard—plain, caramel, or chocolate; boiled custard; cream pie filling; chocolate pie filling; graham muffins; brown bread; Hollandaise sauce; potato balls; croquettes, meat balls, meat loaf; scalloped corn; Welsh rarebit; cakes, especially chocolate cake; scrambled eggs.

CODDLED EGGS

Drop eggs into boiling water—1 pt. for 1 or 2 eggs and a cup for each egg added. Take pan off the stove as soon as the eggs are put in. Leave off the fire for seven to ten minutes and serve. This jellies the entire egg and leaves no raw center and hard outside. Salt in the water prevents a cracked egg from spreading.

BOILED EGGS

Drop eggs into boiling water and keep boiling three or four minutes for **soft-boiled** and ten minutes for **hard-boiled**. For tender hard-boiled eggs, drop them in boiling water, then keep just below boiling point forty minutes. The shells are more easily removed if cold water is allowed to run over the eggs for a minute after boiling. Tender eggs are best, but hard to peel.

POACHED EGGS

To have poached eggs without ragged edges, boil 2 qts. water with 2 tablespoons salt and 3 drops vinegar. When the water boils, carefully crack and drop the eggs in one at a time, after giving water a stir to make it whirl quite vigorously. Allow to boil a little less than one minute, then cover and remove from direct heat and cook for a minute and a half. Or, poach in buttered cups over steam.

SCRAMBLED EGGS

Beat eggs with 1 tablespoon cream or milk for each egg; season with salt and pepper; melt 1 tablespoon butter in frying pan, turn eggs in and stir constantly until a light yellow mass. Chopped cooked meat may be added to the eggs before frying or diced bacon may be fried first and the eggs stirred in.

FRIED EGGS

Bacon or ham may be fried first. Carefully slide the eggs into plenty of hot fat. Lift from fire occasionally if the bottoms start to brown. Baste often, or add $\frac{1}{4}$ cup cold water when the bottoms are cooked; put the cover on tight as soon as the water is added. The spattering grease and steam will cook the tops quickly.

EGG BASKETS

Scoop the center out of stale biscuit, roll, or thick square of bread. Put in oven till crisp and starting to brown, then put a lump of butter and an egg in the hole, and leave in oven till set; 1 teaspoon cream, a speck of salt and pepper may be put in with the butter.

SHIRRED EGGS

6 eggs

Butter

Salt and pepper

Buttered crumbs

Use small ramekins or egg-shirrers. Grease each dish with butter or butter substitute, put in a layer of buttered crumbs, break an egg into each dish, season with salt and pepper, and cover with buttered crumbs. Bake in a moderate oven until the eggs are set and the crumbs brown. Serve in the ramekins.

DAINTY BAKED EGGS

Beat slightly salted whites of 4 eggs stiff. Toast 4 slices of bread, dip one side lightly into hot water, spread it lightly with butter. Then pile whites on toast, place a yolk in the center of each and bake three minutes. Use egg this way to tempt an invalid.

BAKED EGGS

1. Grease dripping pan or small dish with butter; break eggs carefully and cover bottom of dish; pepper and salt to taste. Put $\frac{1}{2}$ teaspoon butter on each egg and bake in a slow oven a few minutes, till set, or

2. Butter gem pans, break an egg into each, cover with 1 tablespoon cream, adding salt and pepper. Bake until the whites are set, and serve at once. Ramekins may be used in the gem pans.

POTATO NESTS

Shape mashed potatoes into small nests, using about $\frac{1}{2}$ cup for each. Put a small bit of butter in each nest, then break in an egg, being careful to keep yolk whole. Sprinkle salt and pepper on top and set in the oven until the egg is cooked and the potato slightly browned. Serve hot with crisp slices of fried bacon. Or, the bacon may be wrapped around the potato before putting in the oven.

SWISS EGGS

Grease the bottom of a casserole or gem tins with butter; sprinkle liberally with grated cheese. Break into the dish the desired number of eggs, covering each egg with 1 teaspoon cream. Dot with bits of butter, sprinkle with cheese, paprika, and salt. Bake in moderate oven.

HAM NESTS

Chop cold ham, add equal amount of bread crumbs, salt if needed, and pepper, parsley, and milk to make paste. Make nests in greased pan and drop an egg in each. Season and bake eight minutes. Cooked macaroni or seasoned spaghetti may also be used for nests. Add cheese or tomato sauce if liked, or mix with meat.

PLAIN DEVEILED EGGS

4 hard cooked eggs	$\frac{1}{8}$ teaspoon white pepper
$\frac{1}{4}$ teaspoon salt	1 teaspoon vinegar
$\frac{1}{2}$ teaspoon prepared mustard	2 or more teaspoons olive oil, mayonnaise or melted butter

When cold, remove shell and cut each in two, lengthwise. Remove yolks and set whites aside. Rub yolks smooth and mix thoroughly with the rest of the ingredients and roll into balls size of original yolk. Place a ball in each half white of egg, add a dash of paprika and serve on a bed of crisp lettuce.

DEVILED EGGS DE LUXE

Put through the food chopper $\frac{1}{2}$ small can pimientos, 1 dozen tiny sweet pickles, 1 green onion, 4 stems (or sticks, not stalks) of celery. Mix with the yolks of 2 dozen boiled eggs and enough Premier (or other) salad dressing to make the right consistency to fill the whites which have been cut lengthwise. Add more salt if needed and put two or three slices of stuffed olives on top of each half.

SARDINE-STUFFED EGGS

Boil eggs hard, then chill them in cold water. Shell and halve them lengthwise. Put the yolks into a bowl with a well-mashed sardine for each egg and mix smoothly together, with salt and pepper to taste, a spoonful of cream or butter, and also a little minced parsley. When well blended fill the whites with this mixture, and serve with watercress.

PLAIN OMELET

Beat yolks of 2 eggs, and add $\frac{1}{4}$ teaspoon salt and speck of pepper, 2 teaspoons butter, 2 tablespoons water. Beat whites stiff, but not dry, and fold in; pour into hot buttered pan and cook over low flame; then set in hot oven (350° F.) or under low broiling flame to brown top. Crease through the center and fold with crisp diced bacon between halves. Crisp bacon or dried beef may be stirred in also when mixing an omelet.

A FAVORITE OMELET

Cut 4 slices bacon into small pieces and fry with a small minced onion, until bacon is done. Add 2 large tomatoes that have been peeled, and cut into very small pieces and simmer till smooth. Then add 6 eggs slightly beaten, and cook gently till eggs are set (stirring the eggs and tomatoes continually while cooking). Serve hot on buttered toast.

PUFFY OMELET FOR SIX (Swedish)

Four egg whites beaten stiff and chilled a few minutes. Mix carefully 1 tablespoon flour, $\frac{1}{4}$ teaspoon salt, dash of pepper into $\frac{1}{2}$ cup milk and strain to remove possible lumps. Beat 4 egg yolks and add to milk mixture. Fold into the stiff whites without mixing too thoroughly, so portions of frothy whites remain floating. Pour into a hot, well greased pan, cook over very moderate fire until set and bottom starts to brown, then set pan under broiler flame or in oven to brown top. Fold and serve with creamed or fried potatoes, tomatoes, dried beef, bacon, sausages or mushrooms.

SPANISH OMELETS

Make either of the above omelets but just before folding, spread with Creole Sauce or fried chopped tomato, sweet peppers, onion, or any preferred seasonings, or chopped ham.

KENTUCKY FAVORITE EGGS WITH CORN

Heat $\frac{1}{2}$ can of corn (1 cup) in bacon fat with a bit of extra milk (about $\frac{1}{2}$ cup); add 3 slightly beaten eggs, and a bit of salt and pepper. Cook till firm, but not hard.

MACARONI AND EGGS

$\frac{1}{2}$ lb. macaroni

1 cup cream

4 or 5 eggs

Salt and pepper

Break up macaroni, and boil in salted water until done. Drain, place in casserole with the eggs, well beaten, and the cream, salt, and pepper. Bake in moderate oven forty-five minutes.

EGGS À LA GOLDENROD

2 hard-boiled eggs

$\frac{1}{2}$ teaspoon salt

Pepper

4 slices toast

White sauce:

1 tablespoon butter

1 tablespoon flour

1 cup milk

Add sliced eggs to sauce and season, or chop whites and add to sauce, then rice the yolks. Serve with baked potatoes, or pour sauce on buttered toast, add yolks, seasoning and parsley. One-quarter cup pimiento cheese may be added to sauce if liked.

EGGS IN CREAM SAUCE DE LUXE

Use recipe above for Eggs a la Goldenrod, but give it a richer flavor by slightly browning the butter and flour before adding the milk. Slice and season the hard boiled eggs, add the sauce, and sprinkle generously with dry bread crumbs browned in butter. Excellent served with German potato salad, cooked spinach, sliced tomatoes, and a lemon pudding.

SAVORY EGGS WITH BREAD

Melt 2 tablespoons butter in a frying pan, slice $\frac{1}{2}$ onion very thin, and brown lightly in the butter. Add 1 cup dry bread cut into dice, shake until a light brown, then cover and allow bread to simmer with $\frac{1}{4}$ cup water fifteen minutes. Beat together yolks and whites of 4 eggs, stir lightly into the mixture in the pan, toss with a fork, add pepper and salt, and when the eggs are set, serve at once, very hot. If you prefer the diced bread crisp instead of soft, do not simmer, but fry to a golden brown, and add the eggs at once. Onion may be omitted.

EGG CUTLETS WITH PEAS

Chop 3 hard-boiled eggs very fine. Heat 1 cup milk in double boiler. Mix together 3 tablespoons butter and 3 tablespoons flour. Stir into the hot milk, until a smooth thick paste. Add to this the chopped egg, 1 tablespoon chopped parsley, a few drops of onion juice, and season with salt and pepper. Mix well and turn out on a platter to cool. When cold, shape into cutlets, dip in egg and crumbs, and fry in hot fat. Pour around them 1 cup cream sauce with 1 cup peas stirred in.

FRENCH HAM AND EGGS

2 tablespoons minced onion	Ground mace
2 tablespoons cooking fat	2 tablespoons butter
2 tablespoons flour	Ham thinly sliced
2 cups tomato pulp	6 or 8 eggs
Salt	Bread crumbs
Cayenne	Chopped parsley

Cook minced onion in fat till tender, then cream in the flour and add tomato pulp. Season with salt, cayenne, and ground mace. Fry in butter, thin slices of lean ham sufficient to line baking dish, and pour over this lining the gravy left from the frying. Into this, slice a layer of 6 or 8 hard-cooked eggs, and cover with the onion and tomato sauce. Sprinkle with bread crumbs and chopped parsley, and dot with butter and bake.

DRIED BEEF AND EGGS

Break as many eggs as desired. Fry in butter about $\frac{1}{4}$ lb. dried beef broken into small pieces. Scramble the eggs into beef adding several tablespoons milk. Do not cook very long or eggs will be hard. If very salty the beef should be boiled a minute and drained well before frying. Boiled ham may be used.

SCALLOPED EGGS WITH POTATOES

2 cold, boiled potatoes	1 cup medium white sauce
3 hard-boiled eggs	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ teaspoon paprika

Cut potatoes in $\frac{1}{4}$ -inch slices. Put a layer in buttered baking dish. Add layer of sliced eggs. Add seasoning. Pour over $\frac{1}{2}$ of the white sauce. Repeat; then cover with buttered crumbs and brown in oven.

SCALLOPED EGGS WITH CHEESE

Slice 6 hard-boiled eggs thin, place a layer of cracker crumbs or buttered bread in a casserole, then a layer of eggs, put salt, pepper, and butter on each layer; put these in alternately, and moisten with milk; place in oven, and when it is well browned serve warm. Grated cheese may be sprinkled on top before browning.

SOUFFLÉ

3 tablespoons (level) butter
 $\frac{1}{4}$ cup flour
1 scant teaspoon salt

Dash of pepper
1 cup milk
2 to 4 eggs

Melt butter, rub flour into it and let bubble a minute then gradually add the cold milk. When well thickened pour on yolks of eggs which have been beaten until thick and lemon colored. Cool a bit and fold in egg whites beaten stiff and dry. Turn into a buttered baking dish set in pan of hot water, and bake in a slow oven about 290° F. until firm—about twenty minutes. Never allow any soufflé to stand a moment before serving.

Soufflé Variations

Follow directions for plain soufflé and add one of the following:

1. Cheese Soufflé—add $\frac{1}{2}$ cup grated cheese and 1 teaspoon lemon juice.
2. Meat Soufflé—add $\frac{1}{2}$ to 1 cup chopped meat, fowl, or fish.
3. Vegetable Soufflé—add $1\frac{1}{2}$ to 2 cups of such cooked vegetables as peas, beans, corn, asparagus, onions, carrots, squash, turnips. These may be mashed, strained, or cut into small pieces, used alone or in suitable combinations.

Note: Plain soufflé will make a good pudding, if the paprika or pepper is omitted and a pinch of mace or a teaspoon of vanilla substituted. It may be accompanied by a liquid fruit sauce, or a hard sauce, or with custard or fruit juice. A cup of finely ground nuts and $\frac{1}{4}$ cup sugar may be folded in before baking.

Cheese Dishes

Cheese is a very concentrated food, 1 lb. representing the fat and protein of about 1 gallon of milk. Since it is so rich in these elements, other fats and protein foods served with it should be very much limited. It should be served in small quantities preferably with starchy foods that have a crisp or tough texture and require chewing, then if it is not toughened by over-cooking it is likely to be thoroughly masticated and easily digested.

There are many varieties of cheese, but the one most commonly used in cooking is the *American Cheddar cheese*, which comes in large, round, yellow cakes. It should be smooth, with small uneven holes, and should be mild and soft enough to slice well.

Other varieties of Cheddar cheese may be white or yellow, mild or strong, hard or crumbly. They are used chiefly for slicing and serving with wafers, desserts, or beverages.

Soft or Club cheese is usually made from well-ripened Cheddar cheese mixed with extra fat and seasonings, and used for sandwiches. Pimientos often are added.

Roquefort is a French cheese made from goat's milk.

Cream cheese and Neufchatel are soft and similar in texture, although the cream cheese contains more fat. They are used chiefly for salads and sandwiches because they are easily mixed and spread. They must be kept cold, as they spoil easily.

American Swiss cheese is a sweet, hard, white cheese with large holes and is seldom used for cooking. Imported Swiss is yellow.

There are many other varieties of cheese that are popular in certain communities and have their own particular characteristics and uses.

Keep cheese lightly wrapped in tinfoil, waxed paper, or a cloth wrung out of weak vinegar, and store in a cool, dry place.

One-quarter pound common American cheese makes 1 scant cup grated. Grated cheese may be kept indefinitely in a cool, dry place in a loosely covered jar or box. Melt or cook cheese gently as possible. Extreme heat toughens cheese and makes it stringy or lumpy before it can blend with other ingredients in sauces, etc.

See Cheese Sandwiches, Cheese Salads, Rice with Cheese (Veg.), Cheese Biscuits, Escalloped Crackers (Misc.), Celery au Gratin, Cheese Cake, Potatoes au Gratin, etc., for other cheese recipes.

BREAD AND CHEESE SOUFFLÉ

2 cups diced buttered bread	1½ cups ground cheese
2½ cups milk	1 teaspoon salt
4 egg yolks	2 teaspoons baking powder
4 egg whites folded in last	

Sprinkle with pepper. Bake slowly in a buttered baking dish set in a pan of hot water like custard for about one hour.

COTTAGE CHEESE

When the milk is sour and thick pour it into a shallow pan and set it in a warm place, not hot, on the warming shelf or in the oven, leaving the door open, so it will become only lukewarm (100° F.)—high temperature makes coarse, tough curds. Another method for separating the curds is to pour an equal amount of boiling water into the sour milk; let it stand ten minutes then drain off the whey. This wastes more food value, but is quick and convenient. When the curds are separated pour into a cheesecloth bag wrung out of cold water. Let drain a few hours or over night; then remove the contents of the bag, and add a little salt and pepper and a little cream. Chives, onion, green or red pepper may be chopped fine and added to the cheese. If curds are coarse mash well. Melted butter may be added.

POTATO AND CHEESE CROQUETTES (10)

Peel and wash 6 large, sound potatoes, and boil thirty-five minutes in 2 qts. water seasoned with 1 teaspoon salt. Drain and mash well, seasoning with ½ teaspoon of salt and ⅛ teaspoon white pepper. Thoroughly mix in ¼ cup grated cheese, divide the mixture into 10 croquettes, roll lightly in flour, dip in well-beaten egg and fry in boiling fat six minutes. Serve hot, garnished with parsley.

BOILED CHEESE FONDUE

1½ cups bread crumbs	1 egg
1½ cups milk	2 tablespoons butter
½ lb. cheese (Cheddar)	6 oz. crackers

Soak bread in milk, melt butter and add cheese, carefully stirring all the time. When cheese has melted add soaked crumbs, the egg, lightly beaten, and seasoning. Simmer a short time and serve on toasted crackers. (1500 calories.)

BAKED CHEESE FONDUE

1 cup milk	1 tablespoon butter
1 cup stale bread crumbs	½ teaspoon salt
¼ lb. American cheese cut in small pieces	3 eggs

Mix first 5 ingredients, add yolks of eggs beaten until lemon colored. Cut and fold in whites of eggs beaten until stiff. Pour into buttered baking dish and bake twenty minutes in moderate oven.

CHEESE ROAST

1-lb. can kidney or navy beans	Salt, pepper, and paprika to
1½ lbs. American cheese	taste
1 cup bread crumbs	1 tablespoon butter
1 onion, chopped fine	

Run beans (1 pt. cooked) and cheese through meat chopper. Cook onion in butter and a little water. Mix all ingredients thoroughly, then mold into a loaf or roll, moisten with melted butter and water, and roll in bread crumbs. Bake in an oven at moderate temperature till nicely browned, basting occasionally with melted butter and water or good drippings. Serve with tomato sauce. (2800 calories.)

CHEESE ROLL

1 cream cheese	Small bottle stuffed olives
1½ cups grated American cheese	Salt and paprika

Chop olives, mix all and form into a roll for slicing. Garnish with a few of the olives sliced and serve with crackers, or in sandwiches, or with fruit salads.

CHEESE OMELET

One cup dry bread crumbs soaked in 2 cups milk and ¼ teaspoon soda (scant), then add 2 eggs beaten light, 1 teaspoon melted butter, ½ teaspoon salt, pinch of cayenne, 1 cup grated cheese. Bake till brown in moderate oven, or cook like plain omelet, using 2 tablespoons melted butter in the pan. The eggs may be beaten separately, the whites folded in last, and the pan placed in a pan of hot water, baking like custard, for extra light omelet.

CHEESE AND BACON

Fry bacon until half done, then grate cheese over each slice, and brown. Serve hot.

WELSH RAREBITS

(Do not overcook or let cool)

1. Make white sauce: Melt 2 tablespoons butter, add 2 tablespoons flour, then 1 cup milk (or more). Add pinch of salt, pepper, and 1 cup cheese. Stir over fire till blended. If desired, add 1 egg yolk and speck of cayenne, and 1 tablespoon Worcestershire sauce or 1 teaspoon mustard. Garnish with olives, pimiento strips, parsley, or crisp bacon.

2. Melt 2 tablespoons butter, add 1 cup cheese. Mix well and add $\frac{1}{2}$ cup milk slowly. If desired, $\frac{1}{2}$ cup bread crumbs may have been soaked in the milk. When hot, add $\frac{1}{4}$ cup cream or 2 beaten eggs. Cook till creamy. Serve at once on toast or with wafers.
3. See Tomato Rarebit (among Vegetables).

RINGTUM DITTY

1 cup grated cheese	1 can tomatoes (strained)
1 teaspoon salt	$\frac{1}{2}$ grated onion
2 teaspoons butter	Dash of pepper
1 chopped sweet pepper	2 to 4 slightly beaten eggs

Mix tomatoes, cheese, onion, and chopped pepper. Melt butter, or dice and fry a slice of bacon, add mixture; when heated add eggs, well beaten, with seasonings. Cook until eggs are of a creamy consistency; stir all the time. Serve hot on salted wafers.

ENGLISH MONKEY (For 6 Persons)

1 cup bread crumbs	1 egg
1 cup milk	$\frac{1}{2}$ teaspoon salt
1 tablespoon butter	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup mild American cheese	Toast

Soak the bread crumbs in the milk until they are soft. Melt the butter and keep pan over low heat. Add the cheese cut in dice. When the cheese has melted, add the softened crumbs, the beaten egg, and salt and pepper. Cook three minutes longer and pour the hot mixture over squares of toast.

LUNCHEON CHEESE DISH (For 6 Persons)

3 tablespoons Minute Tapioca	$1\frac{1}{2}$ cups tomato, rubbed
$\frac{1}{2}$ teaspoon salt	through sieve
$\frac{1}{2}$ teaspoon mustard	6 slices cheese
$\frac{1}{4}$ teaspoon pepper	6 slices bread
	6 slices bacon

Cook Minute Tapioca in hot tomato in double boiler fifteen minutes, stirring frequently. Add seasonings. Arrange bread slices in baking pan. Put a thin slice of cheese, the same size as the bread, on each slice. Cover with a generous spoonful of tomato sauce, and place a slice of bacon on top of sauce. Bake in hot oven (450° F.) until bacon is crisp and brown.

CHEESE CANAPÉS

Brown strips of stale bread in butter, and spread thinly with prepared mustard. Top with grated or shaved cheese. Set in pan in oven till cheese melts. Garnish like Rarebits.

CHEESE TOAST

1. Mix well 2 tablespoons butter, 4 tablespoons cheese, 3 beaten egg yolks, pinch of salt, 1 teaspoon prepared mustard. Heat, spread on buttered toast, and brown in hot oven.

2. Mix 1 cup grated cheese, $\frac{1}{4}$ teaspoon each of salt and dry mustard, dash of cayenne pepper, 1 tablespoon butter, and heat all to a smooth paste. Spread the toast with this, and set in the oven on top grate to brown the cheese. Serve hot. A cream sauce and crisp bacon may be added.

DIPPED CHEESE TOAST

Put two thin slices of bread together with cheese. Beat 2 eggs, add $\frac{3}{4}$ cup of milk and $\frac{1}{2}$ teaspoon of salt, dip the cheese sandwich in this mixture. Brown in butter on both sides. Serve with currant jelly.

CHEESE DELIGHTS

1 cup grated hard cheese 2 egg whites beaten stiff and dry
 $\frac{1}{2}$ teaspoon baking powder

Add the baking powder to the beaten egg white. Fold in the grated cheese. Heap on rounds of buttered toast—dot with rings of Maraschino cherries or pecans. Bake in a moderate oven for ten minutes.

QUICK CHEESE DREAMS

Cheese, buttered bread, tomato or mushroom sauce, butter.

Cut 8 thin slices of white bread, remove the crusts, and spread with butter. Place thick slices of cheese between the bread, and fry in plenty of hot butter in the chafing dish. Serve hot with tomato or mushroom sauce.

HOT CHEESE DREAMS

$\frac{1}{2}$ lb. American cheese	$\frac{1}{2}$ teaspoon dry mustard
($1\frac{1}{2}$ cups grated)	Paprika
1 tablespoon melted butter	Salt
$\frac{1}{2}$ cup milk	1 egg

Mix all the ingredients together into a smooth paste. Spread between slices of bread. Fry the sandwich in butter in a frying pan until nicely browned on both sides.

MACARONI AND CHEESE

One-quarter pound (12 sticks or $1\frac{3}{4}$ cups) macaroni broken. Cook twenty minutes in 3 pts. boiling, salted water. Drain and rinse with cold water to remove starch.

Melt 2 tablespoons butter, add 4 tablespoons flour and pinch

of salt. Stir well, then add 2 or 3 cups hot milk and 1 cup grated or chopped American cheese. Stir till smooth. (If preferred, the crumbled cheese may be sprinkled on layers of macaroni with the sauce. For variety, diced cooked ham may be added.) Put macaroni and sauce in alternate layers in greased baking dish. Cover top with buttered bread crumbs or crackers with dots of butter. Bake about twenty minutes.

CHEESE SAUCE

1 cup milk	$\frac{3}{4}$ cup grated cheese
2 tablespoons flour blended with	$\frac{1}{2}$ teaspoon salt and
2 tablespoons melted butter	dash of pepper

Make cream sauce of flour and milk; add salt and grated cheese. Cook slowly until smooth, stirring constantly. Serve on toast, or with cauliflower, or fried tomatoes, cooked macaroni, hominy, potatoes, rice or noodles, and sprinkle with paprika or dry bread crumbs browned in butter.

VARIATIONS FOR CHEESE SAUCE

To the above Cheese Sauce add any of the following:

One teaspoon Worcestershire sauce or anchovy paste, or $\frac{1}{2}$ teaspoon to 1 teaspoon mustard, or $\frac{1}{2}$ cup chopped cooked ham or dried beef, or 1 cup shrimp or lobster (omit cheese), or 1 cup celery cut fine, or 1 pimienta or 1 green pepper chopped or shredded, or 1 cup mushrooms, peeled, sliced and sautéed in 1 tablespoon butter, or $\frac{1}{3}$ to 1 cup chicken, or 2 or 3 hard-boiled eggs chopped or cut in slices, or $\frac{1}{2}$ to 1 cup cooked or canned salmon.

CHEESE STRAWS

$\frac{1}{2}$ cup fat (pork fat, good	1 cup grated cheese
drippings, or butter—not	1 cup flour
lard)	$\frac{1}{2}$ teaspoon salt

Mix like pie crust with just enough cold water for stiff dough. Roll thin and cut in strips like a Saratoga wafer. Sprinkle with paprika if liked, and bake in hot oven.

PASTRY CHEESE STRAWS

Use trimmings or leftover pastry and roll $\frac{1}{4}$ inch thick. Sprinkle one-half with finely grated cheese, salt and a little paprika. Fold, press edges together, and roll as before. Repeat this process 2 or 3 times, depending on the amount of cheese liked. Then roll out thin, cut in strips 5 or 6 inches long and $\frac{1}{4}$ inch in width. Place in a shallow pan and bake in a hot oven.

STUFFED CELERY

6 large celery sticks	1 tablespoon olive oil or cream
$\frac{1}{2}$ lb. cream cheese or	6 drops Worcestershire sauce
Roquefort cheese	$\frac{1}{4}$ teaspoon paprika
1 tablespoon butter	

Remove tough strings, and stuff celery with the mixture. Serve with salad and crisp crackers.

EGGS AND CHEESE IN PEPPER SHELLS

5 hard-boiled eggs	1 cup grated cheese
1 cup thick white sauce	2 tablespoons butter
6 green pepper shells well cleaned out	Watercress or parsley

Cut eggs into small pieces, and fold into the rich, well seasoned white sauce. Halve pepper shells lengthwise, fill with mixture, sprinkle heavily with grated cheese and bits of butter, and brown in oven. Serve on hot platter garnished with watercress or parsley. To be eaten hot with toast sticks.

CHEESE PASTE

Splendid to serve with crackers. Beat to a cream $\frac{1}{2}$ cup butter, and beat into it 1 cup cream cheese. Add to this 3 tablespoons finely chopped green peppers, 3 tablespoons finely chopped pimientos, 1 teaspoon onion juice, 2 teaspoons chopped parsley, 2 tablespoons chopped olives, 2 tablespoons sweet cream, and salt and paprika to taste.

Vegetables and Luncheon Dishes

(See Meatless Menus and Vegetable Plate Dinners)

Vegetables are a valuable part of the diet, chiefly on account of the vitamins and mineral salts they contain, and the cellulose—bulk or fibers that aid the digestive tract in getting rid of waste. Some vegetables, such as beans, peas, and lentils, contain a large amount of protein, and may take the place of meat to a large extent.

Vegetables may be classified according to the parts used:

- Tubers: White potatoes, Jerusalem artichokes, kohlrabi.
- Roots: { Beets, carrots, parsnips, radishes, sweet potatoes, salsify or oyster plant, turnips, and celeriac.
- Bulbs: Garlic, onions, and shallots.
- Stems: Asparagus, celery, chives, rhubarb.
- Leaves: { Brussels sprouts, beet greens, cabbages, dandelions, lettuce, sorrel, spinach, and watercress.
- Flowers: Cauliflower, French artichoke.
- Seeds or Fruit: { Beans, corn, cucumbers, okra, eggplant, peas, lentils, squash, and tomatoes.

One of the starchy vegetables (chiefly tubers and roots) and at least one of the leafy vegetables (spinach, cabbage, onions, celery, etc.) should be served each day; and, unless fresh fruit is served, at least one of the vegetables should be served raw, as some of the valuable vitamins are destroyed by cooking. The raw vegetables may be grated, chopped, sliced, shredded, or diced.

HOW TO COOK VEGETABLES

Vegetables that have been gathered for a day or more before cooking (except the tuber and roots) are much improved if as much sugar as salt is added to the water in which they are cooked. This restores the lost sweetness or the “fresh” flavor. If not used in about an hour after gathering, they retain their flavor better if kept as cold as possible, but freezing ruins vegetables.

When vegetables are pared and kept in cold water for several hours before cooking, they lose some of their food value (chiefly starch); nevertheless, wilted vegetables should be freshened by leaving them in cold water, and they freshen better if a fresh cut is made in the skin, or the stem is freshly clipped.

Vegetables should not be allowed to stand in water after they are cooked, as they are likely to soften too much and turn dark. They should be drained and kept hot in a double boiler or steamer, if necessary.

Canned vegetables are better if opened about an hour before heating. If they are to be used cold they should be brought to the boiling point, and cooked gently about five minutes, then cooled, in order to guard against poisoning; the appearance and odor is not a safe test for one of the common deadly poisons found in canned food, but boiling destroys its power.

Whenever possible, cook vegetables without peeling them before cooking, as much of the food value lies near the outside. The water in which pared vegetables are cooked should be saved and used in soups, sauces, gravies, gelatin, salad, or served as a vegetable consommé. Steaming is preferable because no mineral salts are wasted and vegetables retain their flavor, shape, and color (except possibly green vegetables). To improvise a steamer fit a colander into a kettle with a close fitting lid. The boiling water should not touch the food. Lift the lid several times for green and white vegetables.

Most vegetables cook in twenty minutes. If they must be cooked quickly, dice or slice them and use as little water as possible, and they will cook in ten or fifteen minutes. Even beets can be cooked this way and will not be faded, especially if covered with a lid at least part of the time; they may start to fade, then regain their color as they get tender.

There are a few rules that apply to the cooking of all fresh vegetables:

1. Cook them always in *vigorously boiling, fresh* water, unless it is possible to steam them.

2. Use only enough *water to barely cover* the vegetable and, except in the case of strong vegetables such as cabbage, onions, and turnips, the water should be *boiled down* as much as possible toward the end of the cooking. Spinach needs little or no water.

3. Add *salt*, about 1 teaspoon to each quart of water, *after the vegetable is partially cooked*.

4. *Cook only until tender*, no longer.

After the vegetables have been placed in the boiling water, the cold vegetable will probably retard the boiling; so it is necessary to *cover and bring back to the boiling-point as rapidly as possible*; then, if the vegetable is a *green* one, like peas, asparagus or spinach, the boiling should be continued with the cover off until the vegetable is just tender.

Only red vegetables should be kept tightly covered with a lid while cooking. Covering keeps in the volatile acid in the steam. Soft water also intensifies red color because it is slightly acid.

Radishes cooked in soft water have a deep red or pink color; cooked in hard water they turn bluish, but a dash of *vinegar* usually restores the natural color.

Red vegetables, as beets, red onions, tomatoes and red cabbage, look muddy and grayish when cooked uncovered in hard water;

however, a bit of acid added to the cooked food will restore the original color. When they are tender add a few drops of lemon juice or vinegar to the water before draining—or serve them with a sour sauce. Adding acid sooner may harden them too much.

Hard water is alkaline, so it intensifies green and bleaches red. If hydrant water is soft add a speck of *soda* to make it alkaline, $\frac{1}{8}$ teaspoon per qt. of water; the slightest bit too much gives an unpleasantly intense green, makes the vegetables soft and mushy, spoils the flavor, and *vitamins* are more readily destroyed when it is used. Its use is not advocated, therefore, except with dried peas and beans or in cooking very old vegetables, and even in these cases not more than $\frac{1}{4}$ teaspoon should be used for each quart of water.

The rule for cooking *green things*, then, is this: Cook without a lid, in salted hard water (as little as possible), and evaporate the liquid toward the end of the cooking period by more rapid boiling. Spinach will cook in just the water that clings to the leaves after washing. A lid aids in the steaming, but should be lifted often, if used.

Cabbage, onions, carrots, asparagus, turnips, etc., should be steamed, or cooked uncovered in enough salted water to cover well; a small plate may be used to hold cabbage under water at first. All may have butter, cream or white sauce added when tender. **Cauliflower** and **old potatoes** are much improved and kept white if 2 tablespoons milk is added to the water. Keep them covered with the liquid or a lid—the exposed parts darken.

TIME-TABLE FOR COOKING VEGETABLES (in Water)

	MINUTES		MINUTES
Asparagus	20	Eggplant, stuffed	45–60
Asparagus, cut in 1-inch pieces	15	Greens	15–30
Beans, Lima	45	Lentils	90
Beans, String	50	Okra	25
Beets, diced	15–40	Onions, medium	20
Beets, whole; old	120	Onions, small	10
Beets, whole; young	45	Parsnips	30–60
Cabbage	25	Peas	20
Cabbage, shredded	10	Potatoes, diced	15
Carrots, sliced	15	Potatoes, whole	20–30
Carrots, whole	20–30	Spinach or other greens	10–20
Cauliflower	15–20	Squash, summer, $\frac{1}{2}$ -inch dice	10–15
Cauliflower, flowerets	10	Squash, winter	60–120
Celery	15–30	Tomatoes	15–20
Corn on the cob	7	Turnips, $\frac{1}{2}$ -inch dice	20
Eggplant, fried	30	Turnips, whole	30–60

GENERAL METHODS OF COOKING VEGETABLES

Plain Boiled or Baked—Whole, without sauce, and often unpeeled.

Stewed—Usually diced, cooked in small amount of water, seasoned with salt, butter, sometimes onion and parsley, and not drained.

Buttered—Covered with melted butter after being boiled and drained.

Creamed—Combined with white sauce after being boiled and at least partially drained. To 2 cups vegetables, add 1 cup white sauce. For moist vegetables, such as turnips, celery or onions, use medium white sauce. For dry vegetables like potatoes, use thin white sauce.

Scalloped—A scalloped vegetable usually is one combined with white sauce in the same proportions as for creaming, and baked in the oven long enough to brown the surface. Scalloped vegetables usually are covered with plain or buttered crumbs to hasten the browning process and make them more attractive.

Au gratin—This name is often used for the creamed vegetable covered with crumbs and baked. More often it is used when, in addition to the crumbs, grated cheese either is sprinkled on top of the dish or is mixed with it.

Buttered—Warmed in hot butter after being boiled and drained.

Curried—A creamed vegetable in which curry powder has been added to the white sauce.

Cream soups—Made by combining 1 cup of strained vegetable with 2 cups of thin white sauce.

ARTICHOKES—Jerusalem

Jerusalem Artichokes look like small potatoes, but are not so mealy.

Wash and scrape them, and soak two hours in cold water and a little vinegar. Drain. Cover with boiling, salted water and boil until tender. Watch closely and drain immediately, or they will harden again. Or, boil with the skins on and when tender peel. Serve with white sauce.

ARTICHOKES—French

Cut the stalks close, remove the outer leaves, clip the sharp points from the remaining leaves, wash and lay head down in cold, salted water for one-half hour. When very young, the bottoms, or base to which the leaves or scales are fastened, and the thick part of the scales may be eaten raw as a salad. When older it should be boiled with the leafy part. Cook in boiling salted water for about forty minutes or till tender enough to draw out

the leaves easily. Turn them upside down to drain. Serve hot with Bechamel or Hollandaise Sauce, or cold with French dressing. The leaves are drawn out separately with the fingers and dipped into the sauce (placed in the center where the choke was located).

When serving whole remove the choke first. To do this insert finger tips, push petals back lightly and scoop out the tough center with the tip of a teaspoon; fill the cavity with sauce.

The heart is the calyx or bottom of the flower and considered the choicest part. It is sometimes used as a base for an hors d'œuvre or in salad when delicacy of flavor is desirable.

If the heart is to be removed and served as part of another course, the leaves are bent back and the choke is lifted off the heart with the aid of a teaspoon and is discarded; then after removing the heart push the petals into place, and serve the sauce in the center. Hollandaise, French dressing, cream sauce, Bechamel, or butter may be used.

If the artichokes are to be served in halves, cut them lengthwise and the choke is easily lifted out, leaving a cup-shaped cavity in which to serve the sauce.

The tender heart is eaten with a fork, but the leaf is held rounded side up, and pulled through the teeth to remove the edible part which resembles asparagus.

ASPARAGUS WITH YELLOW SAUCE

Moisten 1 teaspoon corn starch with a bit of cream and the beaten yolks of 3 eggs. Add $\frac{1}{2}$ cup cream and a little grated nutmeg. Boil with 1 pt. of the liquid in which asparagus was boiled, stirring constantly till thickened. Pour over 3 bunches of cooked asparagus.

ASPARAGUS IN TOASTED ROLL SHELLS

2 bunches cooked asparagus	1 tablespoon flour
1 cup scalded milk	$\frac{1}{2}$ teaspoon salt
2 eggs	$\frac{1}{8}$ teaspoon pepper
1 tablespoon butter	6 rolls

Cut off the tops of the rolls to serve as covers. Remove the crumb, dust the shells and covers with melted butter, and brown in the oven. Make a white sauce of the milk, butter, and flour. Cut the tender part of the asparagus fine, cook a few minutes in the white sauce; fill the rolls with the mixture, place on the tops and serve hot.

LIMA BEAN PATTIES

3 cups lima bean pulp	Nutmeg to taste
2 egg-yolks	2 tablespoons minced parsley
Salt	2 tablespoons minced onion
Pepper	2 tablespoons butter

Melt the butter and sauté the onion in it until tender, but not colored. While hot, press the cooked lima beans through a sieve to remove skins. Add the cooked onion to the bean pulp, parsley, seasoning, and yolks; mix thoroughly and shape into small, flat cakes. Dip the cakes in sifted flour, then into slightly beaten white of egg to which was added 1 tablespoon cold water, and then into sifted bread crumbs. Fry them in hot fat until browned. Served hot.

LIMA BEAN CASSEROLE

Use 1 pt. cooked beans or a medium-sized can. Crisp $\frac{1}{4}$ lb. of sliced bacon in a hot frying pan, remove from pan, and to the bacon fat add 2 medium-sized chopped onions and 1 sliced green pepper. Cook till soft. In a greased casserole place a layer of beans sprinkled with onions, small pieces of bacon, salt and pepper, repeating until all is used. Pour a cup of milk over the dish, and bake in a hot oven (400° F.) twenty or thirty minutes. Tomato pureé with 2 bay leaves may be used instead of milk.

LIMA BEANS DE LUXE

Soak and cook lima beans; allow the broth to boil down considerably then add a small onion (minced) before the beans are tender. When cooked add as much cream, salt, and butter as desired. Just before serving add a cooked sweet pepper or canned pimiento cut into strips.

LIMA BEANS WITH BACON

2 cups cooked lima beans	$\frac{1}{2}$ cup milk
4 to 6 slices bacon	Salt
3 or 4 eggs	Pepper

Fry the bacon a delicate brown. Remove strips and cut in small pieces. Beat eggs slightly, add milk, beans, bacon, and seasoning. Cook in bacon fat, stirring constantly until set.

LIMA BEANS AND MUSHROOMS OR VEAL

2 cups cooked lima beans	1 teaspoon butter
2 cups fresh mushrooms, or	$\frac{1}{4}$ cup cream
use floured and browned chips of veal	$\frac{1}{4}$ teaspoon salt

Use beans that have been cooked and seasoned with salt, pepper, and butter. Put butter in a saucepan, add beans, and mushrooms, and cream; let simmer for about ten minutes (if veal is used simmer it one hour) and serve hot.

SUCCOTASH

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| 5 ears corn | 1 teaspoon salt |
| 1 pt. lima beans | $\frac{1}{4}$ teaspoon pepper |
| 2 tablespoons butter | 1 cup sweet cream |

With a sharp knife, cut the corn from the cobs and add to lima beans the last fifteen minutes of cooking. The mixture should be cooked nearly dry. Add butter, seasonings, and cream, and simmer ten minutes.

BAKED GUMBO SUCCOTASH

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|--|--|
| 1 $\frac{1}{2}$ cups shelled fresh or
soaked lima beans | 1 cup sweet corn, browned
in butter |
| 3 small tomatoes | 1 small onion |
| 1 pt. sliced okra or celery | $\frac{1}{2}$ clove garlic sliced fine |
| $\frac{1}{2}$ teaspoon thyme | 1 teaspoon salt |
| 2 bay leaves | 1 tablespoon butter |
| 1 $\frac{1}{2}$ cups water | |

Mix all together and bring to a boil, then keep hot in slow oven or fireless cooker for at least four hours.

LIMA BEAN LOAF

(Men's favorite meat substitute)

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| 2 cups dry lima beans (about
3 cups soaked or fresh) | 2 teaspoons salt |
| 1 cup dry crumbs | $\frac{1}{4}$ teaspoon pepper (scant) |
| 2 tablespoons grated onion | 4 tablespoons peanut butter |
| 1 tablespoon dried celery | 1 cup liquid (rice or potato
stock or milk) |
| leaves or poultry seasoning | 1 tablespoon drippings or butter |

Wash and soak beans over night. Cook till soft (about forty-five minutes). Drain and, when cool, chop coarsely; add crumbs mixed with seasonings; add peanut butter then add liquid and fat. Put into greased bread pan and bake in moderate oven about thirty minutes. Serve with a creamed or stewed vegetable (such as tomatoes) and a fruit salad for a meatless dinner.

BAKED LIMA BEANS

Parboil 1 pt. lima or navy beans in water containing $\frac{1}{4}$ teaspoon soda. Partially drain when almost tender. Add 1 cup sour cream and a scant $\frac{1}{2}$ cup melted butter, 1 teaspoon or more salt, and a pinch of pepper. Bake in a slow oven two hours. Pork chops may be placed in bottom of baking dish. Lima beans are also good baked with bacon like navy beans. Beans should be covered with liquid and a lid at first, but toward the end of baking remove lid so they will brown.

BOSTON BAKED BEANS (2 qts.—10 or 12 people)

1½ lbs. navy beans	1½ teaspoons salt (more if needed after baking two hours)
¾ lb. bacon, salt pork, or 1 lb. side meat	3 tablespoons sugar (if liked very sweet use ½ cup brown sugar)
½ teaspoon dry mustard	¼ cup catchup (if liked)
¼ teaspoon pepper	
¼ cup Duff's molasses	
1 small onion chopped	

Soak beans over night in water to which ½ teaspoon soda is added. In morning bring to boil in fresh water. Boil slowly for about twenty minutes (till skins will crack when you dip up a spoonful). Drain and blanch with cold water (to keep whole). Add other ingredients and enough of the drained broth or hot water to cover—don't let them get too dry. Add water when necessary. Bake (slowly) in earthenware, covered at least three hours, then uncovered for about one hour to brown. Baking six hours makes richer flavor. Beans need not be soaked or boiled if baked eight hours and plenty of water is used.

ITALIAN BAKED BEANS

2 cups of navy or lima beans	1 bunch of celery
1 small onion	½ cup of grated cheese
½ cup of olive oil	½ cup of stuffed olives
3 sweet pickles	2 cups of strained tomatoes

Soak the beans over night or for several hours in the usual way, then rinse, cover again with water, and boil them for an hour. Cook the tomato pulp and the oil together for half an hour, then add the chopped onion, pickles, olives, and celery, and pour over the beans in a baking dish or casserole. Cover and bake slowly for two hours. Sprinkle the cheese over the top and return to the oven to brown.

BAKED BEANS WITH PINEAPPLE (For 15 Persons)

Soak 1 qt. of small pea beans over night. Parboil the beans in fresh boiling water for ten minutes. Drain and add 1 cup of water. Mix 1 teaspoon salt, 1 teaspoon dry mustard, ½ teaspoon soda, and 1 tablespoon of molasses in another cup of water. Place 1 onion stuck with 5 cloves in the bottom of the bean pot. Add a layer of beans, then 1½ slices of pineapple cut in quarters. Repeat in alternate layers until the pot is filled with beans on the top layer. Score 1 lb. salt pork in ½-inch cuts through the fat and bury to the rind in beans. Pour seasoning and water over all. Bake in slow oven from five to six hours. Keep cover on until the last hour, renewing water as needed.

BEAN CHICKEN

Leftover baked beans mashed and formed into a loaf or chicken shape, with seasoned bread and onion dressing rolled inside. Bake nearly thirty minutes. Rice and creamed carrots make a pretty garnish. (The beans are pressed out and then molded over the dressing laid in the center. The onion may be cooked or fried slightly before mixing.)

NAVY BEANS, PITTSBURGH STYLE

Soak, and cook 1 lb. of navy beans in enough salted water to cover; when tender, add 2 or more tablespoons butter, and stir in 2 eggs beaten with $\frac{1}{4}$ cup weak vinegar. Cook a moment and serve hot with a dash of pepper.

DUTCH BEAN STEW (For 6 Persons)

Soak and cook 1 lb. navy beans. Drain if necessary. About one-half hour before the beans are done, add 1 qt. tomatoes, 4 medium-sized onions (sliced), 1 small stalk celery, 3 or 4 small potatoes cut small, 1 slice of salt pork (not bacon) or $\frac{1}{2}$ lb. fresh pork or chops, salt and pepper. Fine with lettuce salad and tapioca pudding for luncheon.

QUICK SPANISH STEW

1 can baked beans (without tomato)	1 large Bermuda onion (minced)
1 small can tomatoes	1 chopped green pepper
$\frac{1}{2}$ lb. American cheese	Dash of tabasco sauce

Mix and cook till well blended, about twenty minutes over a medium flame, or put in casserole and bake about forty-five minutes.

SPANISH BEAN CASSEROLE

One cup red or lima beans soaked over night and parboiled in water with $\frac{1}{4}$ teaspoon soda (or use 1 can kidney beans). Drain and add 3 tomatoes or 1 small can, 1 green pepper chopped, $\frac{3}{4}$ cup diced celery, 1 onion if liked, salt and pepper, $\frac{1}{4}$ lb. bacon diced and fried (use fat too). Cover with cracker crumbs and bake one hour, or add water to simmer two hours.

BLACK BEANS WITH CABBAGE

Soak 1 cup black or red beans over night and parboil twenty minutes in salted water. Melt 1 tablespoon bacon fat or drippings in a frying pan; add 3 tablespoons vinegar and 1 small cabbage cut into quarters and sliced, the beans, seasoning of salt and

pepper and 2 teaspoons sugar, mixing thoroughly. Cover tightly and simmer until tender, stirring occasionally. Little water is needed if kept at simmering heat or in a fireless cooker or casserole.

KIDNEY BEANS WITH SPAGHETTI

1 pt. canned kidney beans	1 pt. tomato purée
1 pt. cooked spaghetti	Crisp bacon
$\frac{2}{3}$ cup grated cheese	

Mix and heat beans, cheese, and spaghetti thoroughly. When the mixture is boiling hot, put it into a casserole. Pour the hot well-seasoned tomato purée over the bean mixture. Lay the bacon on top. Keep hot in oven till ready to serve.

STRING BEANS

(These have much the same value in the diet as leafy vegetables)

Boil and season with butter, or cheese, or bacon and a bit of onion; or scallop with tomato, cheese, and bread crumbs; or stew with okra and tomatoes or corn.

GREEN STRING BEANS WITH HAM

Boil beans two hours with ham bone. About half hour before serving add potatoes. Serve together in the ham broth.

PENNSYLVANIA STRING BEANS

Boil green stringless beans so that when tender very little water is left, or use leftover boiled beans. Put plenty of butter (4 tablespoons) in an iron frying pan, and stir several tablespoons of flour in the butter till it begins to brown. Add the drained green stringless beans and stir till well coated with the mixture. Serve hot.

BEETS WITH POTATOES

Boil beets and new potatoes. Peel and chop together, allowing $\frac{1}{3}$ of the former to $\frac{2}{3}$ of the latter. Season to taste with salt, pepper, and plenty of butter. Serve hot. A delicious old-fashioned dish.

SWEET-SOUR BEETS

Wash and boil 4 large beets until they are tender. Then skin them under cold water and cut them up into small pieces. Mix $\frac{1}{2}$ cup each of weak vinegar and water, 1 tablespoon butter, salt, pepper, the juice of an onion, and 1 teaspoon cornstarch dissolved in a very little water. Add $\frac{1}{4}$ cup sugar and boil the mixture gently until it is thickened. Add the beaten yolk of a fresh egg. Stir until thick and then pour it over the beets. The egg may be omitted and 1 tablespoon extra butter added.

BAKED BEETS

Wash beets and bake till tender—forty-five minutes to one hour. Peel, slice, and serve hot with melted butter.

BEETS, CONCORDIA STYLE

Cook tender beet greens and chop very fine; season highly with salt, pepper, and liberally with butter, and press in a buttered ring mold. Unmold on a chop plate and fill the middle with small beets, or tender beets of any size, sliced, over which pour the following sauce: One tablespoon each of vinegar and sugar, 2 of butter, and a saltspoon of salt—all heated in a small saucepan until boiling hot. Surround the edge with thinly sliced hard-boiled egg, set in the oven a moment, and serve.

STUFFED BEETS

6 beets	2 tablespoons butter
2 green peppers	2 tablespoons bread crumbs
1 tablespoon minced onion	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Select smooth, medium-sized beets. Cook in boiling salted water until tender. Dip in cold water to loosen the skins. Peel. Remove the root end and the centers, leaving cups about $\frac{1}{2}$ inch thick. Remove stems and seeds from peppers, and mince. Put butter (olive oil or other substitute) in a frying pan, and simmer the minced onion and pepper ten minutes. Add to this the bread-crumbs, salt, pepper, and minced beet centers. Stir well together and then fill the beet cups. Sprinkle bread crumbs lightly over the top and bake fifteen minutes in a moderate oven. Garnish with parsley or watercress.

BRUSSELS SPROUTS

Cut the sprouts from medium-sized stalks, pick off all tarnished leaves, and lay them for fifteen minutes in salted water. Drain them well and cook in plenty of boiling water, uncovered, till tender, from ten to thirty minutes, according to their size. Drain in colander and serve with Bechamel or Hollandaise sauce or white sauce. Or they may be buttered or escalloped like cabbage, with cheese, pimiento, or celery added.

CARAWAY CABBAGE

One lb. cabbage sliced. Mix with 1 small onion, $\frac{1}{2}$ teaspoon salt, pinch of pepper, 1 teaspoon caraway seeds. Melt 2 tablespoons butter, add $\frac{1}{2}$ cup water and the seasoned cabbage. Simmer about half an hour and add $\frac{1}{4}$ cup vinegar. Cook five minutes and serve.

STUFFED CABBAGE

Boil whole cabbage fifteen minutes, then peel back leaves of cabbage without breaking off. Remove heart and stuff cavity with seasoned uncooked Hamburger, or leftover cooked meat mixed with a few bread crumbs. Pull leaves over the meat, wrap head with string enough to hold meat in. Boil, bake or steam one hour, or less if meat is cooked.

RED CABBAGE WITH APPLES

One small head red cabbage, several slices of bacon cut up, 1 or 2 small apples chopped. Cut cabbage fine. Add bacon, apple, and a little vinegar. Cook in iron pot without water very slowly for one hour.

BAKED CABBAGE

Boil 1 head of cabbage fifteen minutes; pour off water, put on fresh boiling water, and cook until tender, then let cool, chop, add 2 beaten eggs, 1 tablespoon butter, 3 tablespoons cream, pepper and salt to taste. Mix and bake.

BAKED CABBAGE WITH SAUSAGE

Chop 1 small head cabbage, 1 onion, and 1 apple; add $\frac{3}{4}$ lb. loose sausage or 3 pork sausages, $\frac{1}{2}$ cup bread crumbs slightly softened in a little water; salt and pepper, and add 2 beaten eggs. Put in buttered dish, cover with cracker crumbs and dots of butter. Bake slowly one hour.

CABBAGE IN MILK

Cut cabbage as fine as it can be sliced. Cook in milk for one-half hour, then add butter, pepper, salt, and a little flour to thicken.

Cabbage is delicious prepared like potatoes au gratin.

COLD CABBAGE SLAW (3 Methods)

1. Slaw may be made by mixing 2 cups shaved cabbage with 1 or 2 tablespoons vinegar, 1 or 2 teaspoons sugar, $\frac{1}{2}$ teaspoon salt, a dash of pepper. Then add, if desired, $\frac{1}{2}$ cup sweet, sour, or whipped cream ($\frac{1}{2}$ cup nuts if liked). If a cooked dressing is preferred—

2. For 2 cups sliced cabbage kept cold—cook together till smooth (then cool)—4 tablespoons butter and 2 round tablespoons flour, $\frac{1}{4}$ teaspoon salt, pinch pepper, pinch of dry mustard, 4 teaspoons sugar. Add slowly $\frac{1}{3}$ cup vinegar (not too strong). One egg or 2 beaten yolks may be added to either recipe, and a few tablespoons sour cream also, or whipped sweet cream is delicious. Add green or red sweet peppers, or sliced radishes if liked. Or,

3. Cut a medium-sized head of cabbage fine; sprinkle with salt, pepper, celery seed, and 1 teaspoon sugar. Beat $\frac{1}{3}$ cup cream, $\frac{1}{2}$ cup vinegar, with 1 egg and 1 teaspoon butter. Let come to a boil. Pour over slaw and let cool.

Garnish with paprika, pimienta, or grated raw carrot.

HOT SLAW

Melt 1 tablespoon butter and 1 tablespoon lard in iron frying pan. Add $\frac{1}{2}$ head of cabbage, sliced fine. Stir often, season with salt and pepper, and add a little water if necessary. Keep covered most of the time for about fifteen minutes to steam tender. Then add a little sprinkling of flour (about 1 tablespoon), stir and add about $\frac{1}{2}$ cup water and several tablespoons vinegar. When tender, add 1 beaten egg, stir in well and serve. Sour cream may be added.

(ODORLESS) SOUTHERN CABBAGE

Turn water into a large kettle until it is two-thirds full, let come to a boil, add 1 tablespoon salt and a pinch of soda. Cut a cabbage head in quarters, break into smaller pieces, put into the boiling water, and cook uncovered twenty minutes; using small plate if necessary to keep cabbage under water; then remove the kettle to the open air, strain the cabbage through a colander. Prepared for the table in this way there is no disagreeable odor. If preferred, cook cabbage or kraut in oven to avoid odor. It may then be chopped and buttered, creamed, or escalloped. (About $\frac{1}{4}$ lb. salt to 10 lbs. cabbage.)

SAUERKRAUT (About $\frac{1}{4}$ lb. salt to 10 lbs. cabbage)

In October, slice good, firm round cabbage heads (not flat ones), after the coarse outer leaves have been removed; put a layer of cabbage about 2 inches thick in a jar, sprinkle each layer with salt (as if you were going to cook it), pound down with a wooden potato masher, and so continue until the jar is nearly filled; cover with cabbage leaves and a cloth, then a heavy cover, with a stone on top to keep the cabbage under the brine; when the kraut begins to ferment, put it in a cool place where it will not freeze. If necessary add a little salted water so that there is a layer of juice always between the kraut and the skum that forms. When removing any kraut clean skum away and add salted water again if needed. Keep a cloth over top. Will be ready to cook in three or four weeks and it may then be canned cold in glass jars, to keep it clean and avoid watching the large open jar. Sauer kraut may be served cold from the jars, or may be cooked slowly about one hour with spare ribs or wieners, or baked two or three hours. Or squeeze it from the brine, and cook slowly about four hours with a piece of smoked ham or other pork. Kraut may also

be served with a dressing: One tablespoon lard and 1 tablespoon flour browned together and mixed thoroughly with about 1 qt. cooked kraut. Caraway seed may be added.

QUICK SAUERKRAUT

Cut the cabbage very fine. Mix salt with it to suit taste. Put 2 tablespoons of sugar with it for every gallon. Pack in glass jars as tightly as possible. Put rings on jars and lay lids on, but do not turn them down. Leave the jars for three days, then seal tightly and put away. Some juice may seep out, but that does not matter. This makes good sauerkraut with only half the work needed to make it the old way.

BOILED CARROTS

Carrots may be eaten raw if finely chopped or grated; they may be steamed, baked like squash, used for soup or cooked, riced and used in sandwiches or salads, or gelatin desserts, or mashed and seasoned like potatoes.

Wash thoroughly, peel or scrape, (before or after boiling) and slice. Cook till tender in enough fresh boiling salted water to cover (1 teaspoon salt to 1 qt. water) and keep the water boiling slowly. Drain if necessary and serve promptly. Over-cooking injures their flavor. Butter or cream sauce may be added, and cooked peas, turnips, potatoes, or cauliflower added.

CARROT SANDWICHES

Push boiled carrots through ricer, spread on lettuce leaf, and place on thin slices of buttered brown bread. Raw carrots, grated with half their quantity of peanuts or sliced celery, salt, and a bit of mayonnaise, make good sandwiches.

SCALLOPED CARROTS

Wash and cut in small pieces and cook with the cover off. Salt when half done. When tender, drain off the water. Pour over the carrots $\frac{1}{2}$ its quantity of medium white sauce. Into a buttered baking dish put alternate layers of crumbs and carrots. Put buttered crumbs on top and place in oven to brown.

CARROTS EN SURPRISE

2 cups hot riced carrots

2 tablespoons butter

$\frac{1}{2}$ teaspoon salt

$\frac{1}{3}$ teaspoon pepper

Few grains cayenne

Few drops onion juice

1 egg yolk

$\frac{1}{4}$ teaspoon celery salt

Method: Mix thoroughly the ingredients in the order named and beat. Shape in nests and fill with creamed chicken, shrimps, or peas.

GLAZED CARROTS

Wash and pare 6 medium-sized carrots. Cook ten minutes in boiling salted water. Drain, cut in halves lengthwise, and put in a buttered pan. Make a syrup by boiling three minutes, $\frac{1}{4}$ cup sugar, and $\frac{3}{4}$ cup water. Add 1 tablespoon butter. Brush carrots with syrup and bake fifteen minutes, basting twice with remaining syrup.

CARROT TIMBALES

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| 1 cup carrots (boiled and
riced or mashed) | 1 teaspoon salt |
| 2 beaten eggs | Few grains pepper |
| 2 tablespoons melted butter | Few grains cayenne |
| | Juice of $\frac{1}{2}$ onion |

Mix ingredients. Put into buttered baking dishes, and set in a pan of hot water. Cover with a buttered paper and bake until firm. Turn out and serve with tomato sauce.

CARROTS WITH TURNIPS

Boil 3 whole carrots and 6 whole or diced turnips. Drain and mash turnips. Season with butter, salt, and pepper. Put in serving dish, and cover with sliced carrots and dots of butter. May be put in casserole instead of serving dish, and heated in oven next day (when preparing ahead for company).

GOLD AND SILVER VEGETABLE WITH LAMB

Wash and scrape 2 medium-sized carrots, peel 2 white turnips, cut all into dice, then put in a kettle with 3 lbs. lamb roast; add 1 pt. water, 2 tablespoons butter, and salt and pepper to taste. Stew gently three hours occasionally adding a little boiling water to retain enough juice. When done remove the meat, scattering over it a little dried parsley. Stir into the vegetable 1 tablespoon flour browned in 2 tablespoons butter, and place around the meat before serving.

CARROTS WITH ONIONS OR CELERY

Into a buttered casserole put a layer of sliced cooked carrots, a layer of bread crumbs fried in butter, and a layer of sliced boiled onions (or celery), salt and pepper, then more crumbs on top. Add milk to almost cover crumbs, and bake about twenty minutes.

CARROT LOAF

- | | |
|--------------------------------|-------------------------------|
| 2 cups ground raw carrot | 2 cups strained tomatoes |
| 2 cups bread crumbs | 1 teaspoon salt |
| $\frac{2}{3}$ cup chopped nuts | $\frac{1}{8}$ teaspoon pepper |
| 3 eggs | 2 teaspoons minced onion |

Mix the ingredients in the order given. Shape the mixture into a loaf and put into a well oiled baking-pan. Steam the loaf for one hour, and then brown it in the oven. Serve with cream sauce. Use as a meat substitute.

VEGETABLE CROQUETTES

with Cheese Sauce

2 cups potatoes, riced or mashed	Fresh bread crumbs and beaten egg
1 cup cooked green peas, fresh or canned	2 teaspoons cream
1 cup diced carrots (cooked)	1 teaspoon salt if needed
	$\frac{1}{4}$ teaspoon Worcestershire sauce

Be sure peas and carrots have been thoroughly drained of all water. Mix potatoes with a fork. Add salt and Worcestershire sauce; then the cream. Mix the vegetables together with a fork. Shape into croquettes of any size or form you like. Dip in beaten egg, then in bread crumbs. Drop in hot Crisco, 375° to 385° F. (or when a piece of bread browns in forty seconds). Cook until brown. Drain on soft paper and serve hot with cheese sauce.

VEGETABLE CHOP SUEY

Cut into small pieces 3 carrots, 1 large onion, a small bunch of celery, and 3 green peppers. Add water and cook until tender. Pour over the mixture a can of tomato soup and a cupful of meat stock. If you have any small pieces of meat, cut them into bits and add to the vegetables when starting to cook them. Add salt and pepper to taste. Continue cooking the mixture until thick. If you have left-over beans, either lima or green, okra, cabbage or whatever serves well with meat, they may be used in the chop suey. The tomato may be omitted, also the stock. Potatoes and plenty of butter may be added and the mixture cooked till dry.

VEGETABLE LOAF

$\frac{1}{2}$ cup cooked green peas	$1\frac{1}{2}$ cup milk or stock
$\frac{1}{2}$ cup cooked green string beans	1 cup bread crumbs
$\frac{1}{2}$ cup chopped boiled carrots	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cooked beets	$\frac{1}{8}$ teaspoon pepper
	$\frac{1}{2}$ teaspoon paprika
	1 egg

Press peas through a sieve, cut beans in small pieces, then combine all vegetables. Add to them the milk, slightly beaten egg, crumbs, and seasoning. Turn into a greased baking-dish and bake in a moderate oven until firm.

VEGETABLE PIE

2 onions	1 stalk celery
2 carrots	$\frac{1}{2}$ cup mushrooms
1 tablespoon tapioca	$\frac{1}{2}$ cup string-beans
1 teaspoon flour	$\frac{1}{2}$ cup peas
Pepper and salt to taste	1 tablespoon butter

Cut all the vegetables into small pieces. Cook them and all the other ingredients in enough salted water to cover, until the vegetables are soft. Then pour the mixture into a baking-dish. Cover it with pie-crust, and bake in a hot oven (400° F.) until the paste is done. Serve hot.

CAULIFLOWER

To keep it white, add 4 tablespoons of milk to the water, or wrap it in cheese-cloth and cook in boiling salted water, or steam it until tender.

Serve with cream and butter and garnish with parsley and sliced boiled egg; or use white sauce, or yellow cream sauce, or Hollandaise, or white sauce sprinkled with nuts and buttered crumbs or cheese; or force through a sieve, sprinkle with paprika and melted butter, and garnish with toast points and rings of green and red pepper.

FRIED CAULIFLOWER

The cauliflower is soaked in cold salt water for an hour, then sliced in medium slices, dried well, lightly dusted with flour, and fried in hot fat.

CLUB VEGETABLE DINNER

1 large cauliflower	Green peppers stuffed with
1 cup white sauce added to	cooked rice and a bit of
$\frac{3}{4}$ cup grated cheese	tomato
Sweet potatoes cooked separately	

Tie a band of cloth around a cauliflower to hold the flowerlets together. Place in the center of buttered roaster and surround with stuffed peppers. Add just enough water to cover the bottom so that the vegetables will not cling to the hot surface before their own juices are extracted. Cover closely, cook over low flame thirty-five minutes. Serve cauliflower on a hot platter, pour over it the cheese sauce, surround with stuffed peppers alternating with glazed sweet potatoes. If a thick-bottomed utensil is not used bake the dinner about an hour in the oven at 325° F.

CELERIAC

Trim off the tops, wash and pare the bulb, cook in soups or stews, or drop it into boiling water and cook about one-half hour, or until tender. Add the salt just before cooking is completed. It may then be prepared as stewed celery or scalloped celery with cheese.

FRIED CELERY

Chop 2 large stalks of celery, 2 green peppers, and 1 large onion. Fry slowly in 2 tablespoons butter till tender. Serve with steak.

SCALLOPED CELERY

Chopped celery, bread or cracker crumbs, butter, salt and pepper, milk. Place a layer of crumbs in bottom of buttered dish, then a layer of celery, dot with butter, season and continue alternately until pan is full, having crumbs on top, cover with milk, bake slowly until milk is absorbed, about one-half hour.

CELERY AU GRATIN

Boil the celery until tender. Place in a greased baking-dish a layer of celery and a layer of cheese cut in small pieces; alternate to the top of the dish. Fill the dish with white sauce. Cover with buttered crumbs and bake in a hot oven (500° F.) until the crumbs are brown. Chopped almonds may be added to the sauce.

See Rice and Celery Croquettes and Celery Stuffed with Cheese.

SWISS CHARD

Swiss chard is one of the most valuable vegetables to have in one's garden, because, when the leaves are cut, they come again and again; and it grows very quickly with but a little care. Care must be taken, however, when cutting the leaves not to injure the center or heart.

Chard may be prepared in the same way as spinach; or the thick midribs and the stems may be prepared like asparagus, by cutting into $\frac{1}{2}$ -inch pieces, boiling till tender (forty minutes in salted water), and creaming.

One qt. greens after boiling (3 before), 1 cup cream sauce, 1 tablespoon bacon drippings or butter, 1 teaspoon salt, pepper to taste.

The greens may be stripped from the thick midrib, then steamed or boiled like spinach tops, drained, chopped, and seasoned with salt, pepper, and bacon drippings or butter, and put in the center of a dish containing the creamed stems. Crisp bacon and sliced boiled eggs may be added as a garnish.

BOILED SWEET CORN ON THE COB

If possible, cook the corn in less than an hour after picking and always keep the husks on the ears until just before cooking. Use a brush to remove the silk. Plunge the corn into plenty of rapidly boiling unsalted water and cook from seven to ten minutes according to age. If old, add 1 teaspoon sugar per quart of water.

If the corn is to be cut from the cob, cut the grains down the center, slice off the tips of the grains, then scrape the knife along the rows to press out the pulp. Add a bit of rich milk, a lump of butter, and cook about seven minutes. Add salt just before serving. Left over corn may be mixed with tomatoes, beans, or heated alone in butter.

Note: See Corn Fritters, Sweet Corn Griddle Cakes, and Meat-Corn Casserole.

BAKED CORN WITH GREEN PEPPERS

1 green pepper, minced	$\frac{1}{4}$ teaspoon pepper
2 pimientos	$\frac{1}{4}$ teaspoon mustard
$\frac{1}{2}$ onion chopped fine	Few grains cayenne
2 tablespoons butter	$\frac{1}{2}$ cup milk
2 tablespoons flour	1 can corn
1 teaspoon salt	1 egg yolk, beaten

Mix all together. Bake in moderate oven about 45 minutes.

SCALLOPED CORN

1 can corn	Salt
1 beaten egg	Pepper
$\frac{1}{4}$ cup cracker crumbs	1 tablespoon butter

If not enough liquid add about $\frac{1}{4}$ cup milk. Place in baking dish and bake in hot oven for thirty minutes. Also see Baked Corn Pudding.

SCALLOPED CORN AND CELERY

2 cups corn (canned or fresh cut)	1 teaspoon salt
1 cup celery (finely chopped)	1 small green pepper chopped
1 cup buttered dry bread crumbs	2 tablespoons butter
	1 cup hot milk

Arrange corn, peppers, celery, and crumbs in two alternate layers in a buttered baking dish. Add butter to hot milk and pour over the vegetables. Cover with buttered crumbs and bake thirty to forty minutes. Serves eight.

BAKED CORN PUDDING

1 can corn	1 tablespoon sugar
2 beaten eggs	$\frac{1}{2}$ teaspoon salt
2 tablespoons melted butter	2 cups milk

Beat eggs slightly; mix all together. Set dish in a pan of water, bake until firm (about one-half hour) in moderate oven. Do not overcook.

BAKED CORN WITH OYSTERS (Marshall Field's)

1 can corn	$\frac{1}{2}$ pt. oysters	cracker crumbs
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Arrange all in layers with dots of butter, pepper, and salt. Cover with milk. Bake thirty-five minutes.

SOUTHERN SUCCOTASH

To half a can each of drained corn and tiny Lima beans, add 2 beaten eggs, $\frac{1}{2}$ teaspoon each salt and paprika, $1\frac{1}{2}$ tablespoons melted butter, 1 pt. hot milk, and 1 tablespoon minced, canned pimiento. Mix well, turn into a buttered baking dish and dust the top lightly with grated nutmeg. Set in pan of hot water and bake like custard until set in the center. This is delicious also with strips of crisp cooked bacon laid over the top.

CORN SOUFFLÉ

2 tablespoons butter or savory fat	$\frac{1}{4}$ teaspoon paprika
2 tablespoons flour	Pepper
1 cup milk	1 pimiento or $\frac{1}{4}$ cup minced green pepper
1 teaspoon salt	2 cups corn pulp (fresh or canned)
2 eggs	$\frac{1}{2}$ cup grated cheese (if liked)

Make a white sauce, using the fat, flour, milk, and seasoning. Rub the pimiento through a sieve and add it to the sauce. Remove from fire; add cheese and stir till dissolved. Add the corn to the mixture. Cool slightly, then add the well-beaten egg yolks and fold in the stiffly beaten egg whites. Turn into a greased baking dish, set the dish in a pan of hot water, and bake in a moderate oven until the egg is set—about thirty minutes.

CORN WITH TOMATOES

Use 1 can of corn, 1 can of tomatoes, 1 tablespoon butter, 1 teaspoon sugar, and seasoning. Chop the tomato pulp fine and add to the corn, simmer together fifteen minutes, then add the seasoning and butter. Cook for a few minutes before serving.

Cheese also adds to the flavor of tomatoes, particularly if baked in a dish.

YELLOW CUCUMBERS AU GRATIN

Ripe yellow cucumbers peeled, seeded, and diced. Boil till tender and drain. Add a minced onion, mix with white sauce, arrange in layers with grated cheese and crumbs. Bake one-half hour. Tomato juice may be used instead of milk in sauce.

FRIED CUCUMBERS OR GREEN TOMATOES

Peel and slice yellow cucumbers lengthwise, leave in cold water a few minutes to crisp. Drain, dip in beaten egg and cracker crumbs, and fry till brown.

STUFFED CUCUMBERS

Pare large, nearly ripe cucumbers, cut in halves lengthwise, and boil gently until almost tender—about ten minutes. Drain and scoop out the seeds. Make a filling as follows: Mix together 1 cup of soft bread crumbs, 2 tablespoons minced ham, 1 tablespoon minced onion, 1 finely chopped green pepper, with $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper; moisten with 1 well-beaten egg yolk and 2 tablespoons of melted butter. Fill into the shells, sprinkle with buttered bread crumbs, put into a pan with a little boiling water, and bake in a moderate oven until done, about forty minutes.

DANDELIONS

Gather only the tender young plants, best when the dew is on them. The tenderest leaves make an excellent salad with *hot bacon dressing*. The whole plant may be boiled alone or with ham bone until tender, drained, chopped fine, seasoned with salt, vinegar, and a liberal measure of butter. Those who think it too bitter may use half spinach or beet greens, in which case the dandelions should be partly cooked before the more succulent plant is added. It cannot be too well recommended. Other greens may be mixed with dandelions. See Greens and Dandelion Potato Salad.

EGG PLANT

Cut in slices, leave in cold salt water an hour if desired, although the soaking is not necessary. Drain, roll in cracker crumbs, dip in egg, fry in butter about twenty-five or thirty minutes. Unless thoroughly cooked it has a bitter taste. Instead of frying, it may be boiled till tender and served with cream sauce and cheese.

Left-over egg plant combines well with left-over meat or with crumbs in a variety of baked dishes. **Timbales** made with this vegetable are especially to be recommended. For these cut an egg plant in slices, cook in boiling salt water, drain, and mash. Add $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup bread crumbs, 2 eggs, onion juice, salt and pepper to season. Bake in greased timbales lined with strips of pimiento.

EGG PLANT WITH RICE

1 large egg plant

1 small cup rice

Cook separately and drain if necessary. Add 1 beaten egg, 1 cup milk, 1 tablespoon butter, salt and pepper, 1 minced onion, speck of allspice or sage. Cover with buttered bread crumbs. Bake one hour. Add water if needed.

STUFFED EGG PLANT

Cut 2 unpeeled egg plants into halves lengthwise. Scoop out the seeds, sprinkle with fine salt, and let halves lie one hour with hollow sides down. Mix 1 cup bread crumbs with $\frac{3}{4}$ cup chopped cooked ham, $1\frac{1}{2}$ cups of egg plant pulp, 1 teaspoon salt, $\frac{1}{2}$ teaspoon white pepper, $\frac{1}{4}$ teaspoon paprika, 1 tablespoon chopped onion, 1 beaten egg, and $\frac{3}{4}$ cup stock. Put this mixture into the shells. Cover with buttered bread crumbs seasoned with $\frac{1}{2}$ tablespoon chopped parsley and 2 tablespoons grated cheese. Place in a pan, pour in 2 cups water, and bake in a moderate oven for thirty minutes. Garnish with parsley and boiled kidney beans. Serve with tomato sauce.

EGG PLANT CASSEROLE

Slice 1 peeled egg plant, 1 seeded green pepper, 6 tomatoes, 6 onions, season each layer with butter, salt, and pepper. Bake forty minutes.

ENDIVE

Prepare like lettuce for salad, using only the tender yellow leaves; cut them into short lengths with shears, and serve with salad dressing or hot bacon dressing, the same as young dandelion greens. Or boil till tender and serve with a well-seasoned cream sauce.

GREENS (should be served often)

The following list of greens may be prepared separately the same as dandelion or spinach. Or, they may be mixed and cooked together with pork or ham bone or cooked in salt water, drained and used with Bechamel or cream sauce. The tenderest leaves and shoots make fine salads and sandwiches; also, they are delicious with hot bacon dressing, and served with mashed potatoes and ham or steak. Wild greens are not bitter and tough before they blossom—usually delicious during April and May. If they seem bitter plunge in boiling water to which $\frac{1}{2}$ teaspoon salt and a very tiny pinch of soda is added and cook ten to fifteen minutes till tender and drain, or cook without soda in just enough water to steam them for about twenty minutes, not long enough to change color.

Dandelions, kale, purslane, wild lettuce, docks (narrow, curly, and sour), chard, beet tops, and pigweed (a few inches high) are good alone or mixed with greens given below and cooked with ham bone, salt pork or used in any spinach recipes.

Wild pepper grass, wild mustard, celery and turnip tops, nasturtium leaves, mullein, fern fronds, milkweed sprouts, cowslip, blackberry sprouts, chervil or sweet cicely, parsnip chervil roots (cook like parsnips), hop vine leaves and sprouts (cooked with cream sauce, they taste like green peas), sorrels, watercress or garden-cress, all may be mixed with other greens and cooked like spinach. Only the sprouts, young shoots, or tender leaves are used.

To preserve the green color cook uncovered, in hard water, or a bit of charcoal tied in piece of muslin may be added. Boil away as much water as possible or use very little so the minerals will be saved.

HOMINY

Hominy may be simmered three to six hours in salted water (usually soaked over night first), drained and creamed or fried in butter. It may be made into patties and dipped in egg and crumbs, fried, and served with creamed meats. Grated cheese and paprika may be added. Good with cheese sauce or baked au gratin.

Hominy may be used in many rice recipes, especially as croquettes or used instead of rice in stuffed peppers. It may be slightly browned and stirred in with scrambled eggs.

HOMINY GRITS

1 cup hominy grits or samp	4 cups water
1 teaspoon salt	

Sprinkle the hominy grits in the salted boiling water in the upper part of a double boiler. Boil over direct heat from five to ten minutes, stirring occasionally to prevent sticking. Cover and place the container in the lower part of the double boiler, keeping water in the under part boiling slowly. Cook for six hours or over night in a fireless cooker or over a simmer burner.

BAKED HOMINY

To a cup of cold boiled hominy allow 2 cups of milk, a heaping teaspoon of butter, a teaspoon sugar, a little salt, and 3 eggs. Beat the eggs very light, yolks and whites separately. Work the yolks into the hominy alternately with the melted butter. When thoroughly mixed put in sugar and salt and go on beating while you soften the batter gradually with the milk, and leave no lumps in the hominy. Lastly stir in the whites and bake in buttered pudding dish until light, firm, and delicately browned. This can be eaten as a dessert but is good served as a vegetable.

KOHLRABI

Peel, slice or cube, cook, and add butter or cream sauce. Use any recipes for cooked cabbage. See Creamed Radishes.

LEEEKS

Boil until tender and serve on toast, in bundles, garnished with chopped hard-boiled egg, ripe olives, and parsley, or serve deviled on toast, or scallop with white sauce, pimiento, and cheese, or use in soups.

FRIED MUSHROOMS

If not fresh, soak several hours, wash thoroughly, if necessary, to remove sand; drain well, peel, if necessary, or rub a brush over the tops, and clip the stems, roll in flour, and fry very slowly in plenty of butter about five or six minutes. If stems are tough, break them off, simmer till tender, and use in a sauce with the caps, or use only the broth.

BROILED MUSHROOMS ON TOAST

The larger size mushrooms are best for broiling.

Wash the mushrooms, peel if necessary, and remove tough stems. Place the caps in the broiler, cup side down, for about three minutes. Reverse, add small bits of butter, salt and pepper to each, and continue the broiling for two minutes. Remove from broiler, being careful not to spill any of the juice within the cup. Serve cup side up on rounds of buttered toast. The toast may be garnished with strips of broiled bacon if desired.

STEAK SMOTHERED IN MUSHROOMS

Slice about 2 dozen rather large mushrooms. Place in a baking pan with 3 tablespoons of butter and 1 teaspoon of salt, cover and bake in a moderate oven (400° F.) for twenty minutes. Broil the steak until nearly done, and season it. Add the steak juice to the pan containing the mushrooms, cover the steak with the mushrooms, and return to the oven for five minutes. Serve immediately.

Any leftover meat may be cut in cubes and added to creamed mushrooms, and leftover gravy added to the sauce. Creamed chipped beef or creamed sweetbreads are improved by the addition of sautéed mushrooms.

CHAFING DISH MUSHROOM SPECIAL (For 6 Persons)

3 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
3 tablespoons flour	1 can mushrooms
3 cups milk	2 cups chopped cooked meat
1 teaspoon salt	(veal, chicken, fish, etc.)

Cook butter flour milk and seasonings to make a medium thick white sauce. Add mushrooms, cut in pieces, and add meat, then heat to boiling point (no longer or mushrooms may be toughened). Serve on buttered toast. Any kind of meat may be used.

CREAMED MUSHROOMS

Clean and cook mushrooms about five minutes in butter or a bit of water. Add to medium thick white sauce.

To plain creamed mushrooms, a beaten egg may be added, and chopped pimentos. Add the egg to a small quantity of the cream sauce after it has thickened. When thoroughly mixed, add to the whole amount of sauce.

FROGS ON LILY-PADS (For 6 Persons)

(Mushrooms on Fried Green Tomatoes)

6 medium-sized green <i>tomatoes</i>	$\frac{1}{2}$ cup top milk
2 level tablespoons butter	1 can <i>mushrooms</i>
2 level tablespoons flour	

Cut a thin slice from top and bottom of each tomato. Cut remainder into 4 slices, sprinkle with salt, pepper, and flour, and fry carefully in hot fat.

While tomatoes are frying, heat mushrooms in own liquor, adding butter, seasoning to taste, and milk in which flour has been dissolved, and cook until smooth and creamy.

Lift the slices of tomatoes on to a heated platter, place mushrooms on the top, and surround with the sauce.

Ripe tomatoes may be used, if green are not available. Chopped parsley may be added to sauce.

MUSHROOMS, PEPPERS, AND TOMATOES WITH RICE

2 cups cooked rice	Bread crumbs
1 green pepper	$\frac{1}{4}$ -oz. can mushrooms
$1\frac{1}{2}$ cups canned tomatoes	4 tablespoons butter
Seasoning	

Mix the rice with the tomatoes, and add the chopped pepper and mushrooms. Stir in the juice from the mushroom can, add the melted butter, with additional seasoning of salt and pepper to taste. Pour into buttered casserole or baking dish, cover with buttered crumbs, and bake in oven until browned.

FRIED NOODLES

For six persons mix 3 well-beaten eggs, or 3 yolks with 3 tablespoons water, 1 teaspoon salt, and flour enough so the dough will not stick to the molding board. Roll very, very thin, dust

with flour, let dry, but not crisp. Roll up like a jelly roll, and slice thin; or cut in strips about 2 inches wide, place strips one above the other, and cut $\frac{1}{4}$ inch wide. Shake out, and let dry for about one-half hour. Put them in boiling water and let boil five minutes; then put in a colander and let drain; heat $\frac{1}{2}$ cup butter and a piece of lard the size of an egg in a spider and fry the noodles for about twenty minutes; put in a vegetable dish and sprinkle with bread crumbs fried brown. Stewed prunes are good served with noodles.

NOODLE RING WITH CREAMED CHICKEN (For 12)

Cook 3 cups noodles in salted water till tender. Cook down till they are nicely thickened, but not dry. Add 2 slightly beaten eggs, $\frac{3}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon (a small pinch) of pepper, $\frac{3}{4}$ cup milk, and 1 tablespoon melted butter. Pour into a well-buttered noodle ring mold, and bake in a moderate oven till slightly browned. It is similar to custard or gelatin when done, and will keep its shape when turned out. Fill the center with creamed chicken and mushrooms, and garnish with parsley. Excellent. Tuna fish or ham may be substituted for the chicken. A cup of grated cheese may be stirred into the hot noodles till melted before adding the eggs.

SAVORY OKRA

1 qt. sliced okra	1 small onion
2 cups diced celery	4 tablespoons butter
1 sliced green pepper	2 large tomatoes or $\frac{1}{2}$ can
2 teaspoons salt	

Cook all except tomatoes in frying pan in butter till nearly tender. Then add tomatoes and salt, and simmer slowly about one hour.

OKRA STEW

Carefully remove stems; cook okra pods whole in boiling salted water (if cooked in iron they will blacken) until tender, drain and return to the saucepan with plenty of butter, a dash of vinegar, salt, and pepper; simmer slowly until they are thoroughly seasoned. They are nice sliced and stewed with an equal bulk of tomato, seasoned with 1 sweet pepper, 1 teaspoon salt and 2 tablespoons butter to each pint. Sometimes $\frac{1}{4}$ cup rice and $\frac{1}{4}$ lb. diced ham are added to a quart of the above stew.

FRIED OKRA

Slice 2 onions, and fry with bits of fat bacon. Cut a qt. of okra and stir in; fry brown. Sprinkle with salt and cayenne pepper.

BAKED OKRA

Boil until about half done then peel and put into a baking dish with 1 tablespoon butter, salt and pepper to taste. Dust with 1 teaspoon powdered sugar and bake a good brown. Baste with butter.

SCALLOPED ONIONS

Peel and boil a pound of onions. When done drain them thoroughly. Have ready a rich cream sauce. Put a layer of onions into a buttered shallow dish, dust with pepper, salt and a little sugar, a little cream sauce, and a tablespoon of grated American cheese. Add the rest of the onions, and repeat the seasoning and the cheese. Dot with a few tiny lumps of butter, sprinkle with a tablespoon of dry crumbs. Add the rest of the sauce and bake in a medium oven until a delicate brown.

STUFFED ONIONS

Eight Spanish onions, 1 cup of dry crumbs, 1 tablespoon of chopped parsley, $\frac{1}{2}$ teaspoon of salt, 1 cup of white sauce, 1 cup of finely chopped meat, $\frac{1}{3}$ cup of butter, speck of pepper, 1 egg or 2 beaten egg yolks. Peel the onions and boil them whole. When cool, cut the center from the root end, leaving the shell of the onion. Chop onion removed from center, mix all ingredients together and stuff the onion shell. Bake in a moderate oven until brown. Nuts may be substituted in place of the chopped meat, and cheese may be sprinkled on top.

STEWED ONIONS WITH CREAM

Pour boiling water over 1 qt. medium-sized onions, and boil until almost done; then add 1 teaspoon salt, boil few minutes longer, then put in a colander to drain. Slice or leave whole. Put 2 tablespoons butter and $\frac{1}{2}$ tablespoon flour into a pan, stir two minutes, add 1 cup sweet cream, then boil, being careful not to let the flour become lumpy; add a little pepper and salt, and pour over onions after they have been placed in a warm dish ready to serve.

FRENCH FRIED ONIONS

Slice sweet large Bermuda onion. Dip in milk, then dredge in flour mixed with a dash of salt and pepper. Fry in deep fat about five minutes and serve with steak.

BUTTERED ONIONS

Quarter 12 medium onions and cook carefully in tightly covered pan with $\frac{1}{4}$ cup butter till tender, add salt and pepper.

BOILED PARSNIPS

(Also see Parsnip Soup)

Boil in salted water until done, then slice and sprinkle with brown sugar, and fry in butter until both sides are browned; good also if the slices are dipped in a mixture of egg or milk and crumbs before frying; or brown sugar and sliced bacon may be put over parsnips, then brown in the oven. If water enough to cover is added, they need no boiling—bake an hour or more. May also be boiled with salt pork.

ESCALLOPED PARSNIPS

Mash about 1 pt. boiled parsnips, add 1 tablespoon butter, 1 teaspoon flour, $\frac{1}{2}$ teaspoon salt, dash pepper, 2 tablespoons milk. Mix, turn into buttered casserole, cover with bread crumbs, dot with butter and brown in oven.

MASHED PARSNIPS

Parsnips may be mashed while hot, with a large white potato and butter, pepper, salt, a little sugar, and enough sweet cream to soften them. Beat lightly and serve in a hot dish. A parsnip omelet may be made by adding $\frac{1}{2}$ teaspoon baking powder with each $\frac{1}{4}$ cup cream needed. Pour into omelet pan and brown; add $\frac{1}{4}$ cup grated cheese just before turning.

PEA ROAST WITH CARROT SAUCE

1 cup mashed or sieved peas (or beans)	1 tablespoon sugar and $\frac{3}{4}$ teaspoon salt and pinch of pepper
$\frac{3}{4}$ cup soft bread crumbs (dry crumbs may be soft- ened a bit with juice from the peas)	1 beaten egg 4 tablespoons butter melted 1 tablespoon chopped walnuts

Mix all with $\frac{3}{4}$ cup milk or part pea juice.

Pack in greased baking dish. Let stand about fifteen minutes to blend; then bake slowly forty minutes covered.

Carrot Sauce

Melt 2 tablespoons butter, add 2 tablespoons flour, $\frac{3}{4}$ teaspoon salt, pinch of pepper. Heat till bubbling, then slowly add $1\frac{1}{2}$ cups milk, and add 1 cup cooked, sieved or mashed carrots. Keep hot and serve with pea loaf or meats, 1 teaspoon minced onion may be added, and stock may be used instead of milk.

NEW STUFFED PEPPERS

Use as many medium-sized peppers as there are persons to be served. Halve the peppers lengthwise and remove seeds. Place

in a shallow baking dish and fill each half with alternate layers of chopped onion and fresh ripe tomatoes pared, cut in small pieces and a bit of cooked rice if you like. Dissolve a bouillon cube in enough hot water to cover the bottom of the dish to a depth of $\frac{1}{4}$ inch, pour around the peppers, cover the baking dish, and bake at 400° F. about half an hour or until tender. Remove the cover and place slices of bacon on each half pepper, raise the oven heat to 500° F. and allow the bacon to become brown and crisp.

PEPPERS WITH SWEETBREADS

Halve large sweet peppers lengthwise, remove seeds, and boil five minutes. Drain, lay in a shallow, buttered, glass baking dish, and fill with a mixture of creamed sweetbreads, and cooked peas or tiny lima beans. Sprinkle tops with well-buttered crumbs and set in a hot oven until a rich brown. It will take about ten minutes. Serve immediately.

BAKED PEPPERS WITH CRUMBS

3 unbeaten eggs	Crumbs (about 1 slice bread)
1 tablespoon raisins	$\frac{1}{2}$ teaspoon salt
1 small piece cheese (about 2 inches square) grated	$\frac{1}{2}$ cup ground raw beef (or cooked ham)

Mix all together and fill peppers. Bake about thirty-five minutes. This amount fills 5 or 6 small peppers.

BAKED PEPPERS WITH RICE AND TOMATO SAUCE

Remove veins and seeds from 6 peppers, then scald them and drain. Mix $\frac{1}{2}$ lb. ground raw steak with a diced slice of bacon, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup cooked rice. Fill peppers, put in baking dish and pour over them 1 pt. tomato juice or purée. Bake slowly one-half hour or more, then thicken the tomato juice with about 1 $\frac{1}{2}$ tablespoon flour mixed with 1 tablespoon butter. Any leftover cooked meat may be used with the rice instead of raw beef.

BROILED PEPPERS OR MEXICAN CHEELES

Use a broiler or hold green peppers on a fork over the fire until they can be easily peeled. Peel, cut the pepper down one side from the stem to the small end, remove the seeds and the three large veins, fill the cavity with a piece of cheese, close the two sides, covering the cheese, and place in a spider containing meat drippings enough to fry nicely. Prepare about 6 peppers in this way and when they are in the spider ready to cook turn over them 2 well-beaten eggs; when done on one side turn like a pancake and fry on the other.

GREEN PEPPERS WITH STEAK

Chop seeded and veined peppers. (They may also be peeled as in above recipe before chopping.) Cook them a few minutes in the steak gravy and pour over the steak.

See Eggs in Pepper Shells.

BAKED SWEET POTATOES WITH MARSHMALLOWS

Mash or rice cooked sweet potatoes while hot. Mash and beat like white potatoes. Season with salt, brown sugar, rich milk, and butter; a beaten egg may be added. Pile in a buttered baking dish and cover with marshmallows. Brown in oven and serve hot. The potatoes may also be diced instead of mashed, and covered with dots of butter and marshmallows.

SWEET POTATO CROQUETTES WITH NUTS

3 cups riced cooked sweet potatoes	1 teaspoon minced parsley
1½ teaspoons salt	1 slightly beaten egg
2 tablespoons butter	½ cup chopped peanuts
	Milk to soften enough

Roll in crumbs and fry in deep fat.

SWEET POTATO CROQUETTES

Boil sweet potatoes (yams preferred) in slightly salted water till tender. Rice or mash and form into croquettes. Roll in egg and cracker crumbs. They should stand and dry an hour or more after covering with crumbs, then fry in deep Crisco.

SOUTHERN SWEET POTATO CASSEROLE

Cook about one-fourth as many apples as sweet potatoes, cooking both separately. (About 4 large potatoes for 4 persons.) When done, drain and mash together with a lump of butter.

Add 1 beaten egg, a pinch of nutmeg, salt and pepper. Put into a buttered baking dish and brown in a rather hot oven. The top may be dotted with marshmallows.

SCALLOPED SWEET POTATOES, CLEVELAND STYLE

3 cups boiled sweet potatoes sliced	¼ cup butter
	Salt
1 cup apples, sliced	Brown sugar
Small sausages	

Put layers of potato and apple in buttered casserole, sprinkle layers lightly with brown sugar, bits of butter, salt and pepper. Sear the sausages quickly in hot frying pan. Arrange the sausages on top of potatoes. Cover and cook over low flame for twenty-five minutes.

ALABAMA CANDIED SWEET POTATOES

Put 6 halved small sweet potatoes in just enough hot water to cover. Immediately add 1 cup brown sugar and 3 tablespoons butter. After they have boiled about fifteen minutes add the juice and a thin slice or two from $\frac{1}{2}$ lemon. This gives them a delicious flavor. Adding the sugar at the start makes a thicker syrup and requires less sugar.

CANDIED SWEET POTATOES

Boil 6 potatoes in slightly salted water till nearly done. Peel and slice lengthwise. Lay in buttered casserole and pour over them 1 cup Karo syrup or syrup from canned peaches, or a brown sugar syrup made of 1 cup brown sugar with $\frac{1}{4}$ cup water. Dot with plenty of butter. Bake covered in a slow oven (250° F.) about thirty minutes, then increase heat, uncover, and brown if you like. A few nuts sprinkled over the potatoes add flavor.

SWEET POTATOES GLAZED

1. Cook 6 small potatoes about ten minutes then slice thickly or halve lengthwise. Roll in melted butter, then in brown or white sugar, and bake in a pan in hot oven, basting occasionally. Enough water to cover the bottom of the pan may be added. Watch carefully to prevent burning.

2. Or, put potatoes in greased baking dish. Add $\frac{1}{2}$ cup dark Karo (or $\frac{3}{4}$ cup brown sugar), $\frac{1}{4}$ cup water, and 2 tablespoons butter. Bake in hot oven 1 hour uncovered, if watched and basted or rolled over often. Add a little water when necessary.

BOILED POTATOES WITH SAVORY SAUCE

Melt 4 tablespoons butter and add 1 teaspoon chopped parsley, 1 tablespoon chopped green or red sweet peppers, 2 tablespoons grated cheese, 1 teaspoon salt, juice of $\frac{1}{2}$ lemon, $\frac{1}{4}$ teaspoon pepper, 1 teaspoon chopped chives or onion. Heat till cheese is melted and sauce is smooth, then pour it over small, boiled, peeled potatoes.

RED CAP POTATO CONES

One cup mashed potatoes seasoned with salt and pepper and just enough milk to keep them stiff so they will hold their shape (if too soft add 1 tablespoon flour), mix with $\frac{1}{2}$ cup grated American cheese. Mold into cone-shaped mounds $1\frac{1}{2}$ inch at the base. Roll carefully in more grated cheese and sprinkle top with paprika. Bake till light brown. Garnish with parsley.

POTATO CROQUETTES

Two cups mashed potatoes free from lumps, 1 egg beaten to a froth, 1 tablespoon butter, 6 rolled crackers, salt and pepper to taste, mix well together, make into cakes; roll in beaten egg and cracker crumbs and fry.

POTATO-NUT CROQUETTES

Mix together 1 cup chopped nut meats, 1 cup mashed potatoes, 1 egg, salt to taste. Add a pinch of baking powder. Use the white of egg in croquettes and roll them in the yolk, then in crumbs, and fry in hot fat.

PITTSBURG POTATOES

1 qt. diced potatoes
1 small onion

$\frac{1}{2}$ small can pimientos
 $\frac{1}{8}$ teaspoon pepper

Sauce: 2 tablespoons flour, 2 tablespoons butter, 1 teaspoon salt, 1 pt. milk, $\frac{1}{3}$ lb. cream cheese. Cook potato cubes with minced onion in salted water till potatoes begin to get tender. Add the pimientos cut in strips and cook about five minutes more (some may be added just before serving). Drain but save the water to thin the sauce if it gets too thick. Mix and cook the sauce. Pour it over the potatoes, sprinkle with crumbs, and brown in oven. Serve with cold meats or croquettes.

JULIENNE OR SHREDDED POTATOES

Pare and cut potatoes in lengthwise slices, $\frac{1}{8}$ -inch thick. Cut slices in $\frac{1}{8}$ -inch strips. Soak one hour in cold water. Take from water, dry between towels, and fry in deep fat. Drain on brown paper and sprinkle with salt.

FRANCONIA POTATOES

Pare white or sweet potatoes, and parboil ten minutes; drain, and place in pan in which meat is roasting; bake until soft, basting with fat in pan when basting meat. Time required for baking about forty minutes.

MASHED POTATOES

To 5 medium-sized mashed or riced potatoes add 3 tablespoons butter, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{3}$ cup hot milk or cream; beat with fork till creamy, keep hot, and pile lightly in hot dish. Top with a dash of pepper and a tiny lump of butter. Always drain boiled potatoes as soon as tender or they get dark and watery. Keep them hot over steam; and they are better if lightly coated with cream, milk, or butter till time for mashing.

BAKED WHITE OR SWEET POTATOES

Scrub potatoes and cut out spots (if there are no spots peel a strip through the center to keep potatoes from bursting). Grease skins with butter or Crisco to make them bake soft and be more palatable. Bake in hot oven about ten minutes, then lower heat for about thirty-five minutes for average potatoes. Sweets bake quicker. Potatoes are more mealy if bursted a little when done, and covered with a napkin till served.

STUFFED POTATOES

Select smooth medium-sized potatoes. Bake till done. Cut in halves, lengthwise, or cut off one end, scoop out potato, season with salt, pepper, butter, and rich milk enough to mash and beat well. One pkg. of pimiento cheese may be beaten into mixture (6 large potatoes). Or, a beaten egg or 2 whites may be added. Return to shells, stand in moderate oven about half an hour. Paprika or grated cheese may be sprinkled on top before heating.

HASHED BROWN POTATOES

1 qt. chopped cooked potatoes	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup cream (may omit)	1 teaspoon chopped parsley
1 teaspoon salt	3 tablespoons butter or pork fat

Mix the first five ingredients; melt the butter in an omelet pan and when hot add the potatoes. Pack lightly into a layer of uniform thickness and cook slowly from twenty to thirty minutes. Fold and serve like an omelet.

SARATOGA CHIPS

Peel potatoes carefully, cut in very thin slices and keep in cold water over night or one hour at least, drain off the water in the morning and rub the potatoes between napkins or towels until thoroughly dry. Drop a few at a time into a kettle of hot fat and fry about three minutes at 390° F. Stir with a fork to keep them from sticking together. When light brown remove with a skimmer and sprinkle salt over them while hot.

FRENCH FRIED POTATOES

Peel and slice the potatoes like orange section about $\frac{1}{2}$ inch thick and let them remain in cold water for an hour or longer to remove starch; dry in a cloth and fry a few at a time about five or six minutes in deep hot lard (370° F.). Before they are quite done, if you want to make them puff up, take them out with a skimmer and drain, return them to the lard and continue the frying until done. Sprinkle with salt and serve hot.

BELGIAN BAKED POTATOES

Prepare potatoes as for French fried. Dip them in melted fat and lay in a shallow pan, being sure that the pieces do not overlap. Bake in a quick oven until brown on top, turn carefully and continue baking until they resemble French fried potatoes. Baste them with more fat during baking, if necessary. When done, sprinkle with salt and serve piping hot.

CURRIED VEGETABLES

1 cup potato cubes	$\frac{1}{2}$ cup canned peas
1 cup sliced carrots	$\frac{1}{2}$ cup turnip cubes

Cook in salted water and drain if necessary. Add sauce: 2 slices of onion cooked in 2 tablespoons butter; add 2 tablespoons flour, $\frac{3}{4}$ teaspoon salt, pinch of pepper, pinch of celery salt, $\frac{1}{2}$ teaspoon curry powder, 1 cup milk, cook together, add to vegetables, and sprinkle with parsley.

POTATOES WITH GREEN PEPPERS AND CHEESE

3 potatoes	Hot water
1 very small onion	2 tablespoons flour
1 teaspoon salt	$\frac{3}{4}$ cup milk
1 green pepper	$\frac{1}{4}$ lb. cheese

Cut potatoes in cubes and add onion, finely chopped, salt, small seeded sliced green pepper, and hot water to cover. Cook twelve minutes. Mix flour with $\frac{1}{4}$ cup milk, and when smooth add $\frac{1}{2}$ cup milk or cream and pour over potatoes. Stir and boil two minutes, being careful not to burn. Add cheese cut in small pieces, and cook gently until cheese melts.

O'BRIEN POTATOES

Fry 3 cups potato cubes or balls in deep fat, drain on brown paper, and sprinkle with salt. Or, simmer them about ten minutes in butter. Cook 1 sliced onion and 1 minced green pepper in $1\frac{1}{2}$ tablespoons butter three minutes, remove onion, and add to butter three canned pimientos cut in small pieces. When thoroughly heated add potatoes; stir until well mixed, turn into serving dish, and sprinkle with finely chopped parsley. Leftover potatoes may be used and the mixture may be made into long flat cakes, dipped in egg and crumbs and browned in the oven or deep fat.

DUCHESS POTATOES

2 cups riced potatoes	2 egg-yolks
2 tablespoons butter or butter substitute	Salt and paprika

Mix riced potato, butter or butter substitute and beaten yolks of eggs, reserving a part of the eggs for brushing the cakes. Add a

little salt and paprika. Shape by means of a pastry-bag and tube into pyramids, etc. Brush over with beaten egg to which 1 teaspoon of water has been added. Brown in a hot oven.

LYONNAISE POTATOES

2 cups boiled potatoes, diced 2 tablespoons drippings
1 tablespoon minced onion 1 tablespoon chopped parsley

The potatoes should be rather underdone. Season with salt and pepper. Cook the onion in fat until yellow, add the diced potatoes, stir with a fork until all sides are brown, being careful not to break the potatoes. Add more fat if necessary. When done, turn the potatoes out upon a hot dish, sprinkle parsley over the top, and serve hot.

POTATOES OR APPLES WITH SAUSAGE

Pare medium-sized potatoes (or use apples), make a hole in the center of each with an apple corer, and place in it a cased sausage, or fill the cavity with sausage meat. Place in a greased baking pan and bake until soft, about fifty minutes, in a hot oven (450° F.), basting occasionally with the fat from the sausage.

POTATOES WITH BACON

Pare potatoes and cook in salted water fifteen minutes. Cut in lengthwise slices, place in a dripping pan, sprinkle with pepper; lay slices of bacon across top. Cook in a hot oven (500° F.) until the bacon is crisp and the potatoes soft.

POTATO PEARS OR DUCKLINGS

Potato pears are simply made by forming warm stiff mashed potato into the shape of pears, using cloves for stems. The pears are then rolled in beaten egg, stood on end in an oiled baking pan. Bake thirty minutes to make yellow. They may also be shaped like ducklings using slices of potato for wings and tail, and using cloves for eyes, and a piece of almond or a clove for the bill.

POTATO PUFF

Two cups mashed potatoes in 3 tablespoons cream. Heat and add 2 beaten yolks, 1 tablespoon butter, seasoning, 2 beaten whites. Pile in greased pan. Bake till brown. Add cheese if desired.

POTATO SURPRISE

Make individual nests of mashed potatoes, fill with creamed peas. Cover with mashed potato and keep in warm oven on pan or platter till serving time. They may be browned and cheese may be sprinkled on top, or garnish with parsley or pimiento.

LOTTIE'S POTATO BALLS

- | | |
|----------------------|--------------------------|
| 2 cups mashed potato | $\frac{1}{4}$ cup milk |
| 1 cup flour | Salt |
| 1 egg | 1 teaspoon baking powder |

Drop from spoon into deep fat. A pinch of mixed ground spices added with the baking powder give the potatoes a delicious French touch.

MELTING POTATOES

Wash, peel, and boil 6 potatoes in salted water; when done, drain, and dry over the fire for a few minutes, then take each potato and press firmly in a cloth so as to give it a round shape. Place them in a well-greased baking pan, pour 1 cup stock over them; put a piece butter on each potato and place them in the oven to bake for about twenty minutes; by that time the stock should have been absorbed by the potatoes. Serve hot. Potatoes cooked in this way melt in the mouth.

SCALLOPED POTATOES

- | | |
|-------------------------------|------------------------------|
| 1 qt. sliced raw potatoes | 3 teaspoons flour with |
| 2 cups scalded milk (rich) | $\frac{1}{4}$ teaspoons soda |
| 4 tablespoons butter (round) | 1 teaspoon salt |
| $\frac{1}{4}$ teaspoon pepper | |

Cover the bottom of a buttered baking dish with a layer of sliced potato. Sprinkle with salt and pepper, dot with pieces of butter and dust with flour. Repeat until the materials are used. One-half cup cheese may be added between layers. Flour and soda may be omitted. Ham or pork chops may be added.

Pour over all the scalded milk and bake in a moderate oven uncovered from forty-five to fifty minutes. Milk may curdle if boiled down too fast. Add more if necessary. One-half cup hot cream just before removing from oven makes them delicious. The liquid should be almost entirely absorbed.

Note: Blanching potatoes by covering with boiling water then rinsing in cold helps to keep them white, but they will not turn dark if covered with milk as soon as they are pared and sliced.

STEWED POTATOES

Cook diced raw potatoes (about fifteen minutes) with 2 sliced medium-sized onions in enough salted water to have 1 cup or more broth left in the pan when done. Before they get quite done add a few sprigs of parsley and a large lump of butter. Do not drain and do not let the potatoes cook hard enough to lose their shape. Serve with salmon, meat loaf, or any meats without gravy.

CREAM STEWED POTATOES

3 cups diced raw potatoes
2 cups milk

3 tablespoons butter
Salt

Pepper

Melt the butter in a frying pan, add the potatoes and seasoning, and stir over the fire until the fat is absorbed. Add the milk and cook slowly about one-half hour. More milk may be added if needed.

FRIED RAW POTATOES

Pare and slice the potatoes very thin. Place about 2 tablespoons bacon drippings or whatever fat desired in a heavy frying pan, and heat until it just starts to smoke. Add the potatoes, stir, season well, cover, and cook about fifteen minutes. Remove the cover and cook until brown, stirring as necessary to prevent the potatoes sticking. Add more fat if necessary. One or two chopped onions may be added during the last portion of the cooking, or they may be fried brown in the fat before potatoes are put in. Watch them then or they burn while the potatoes cook.

TOASTED POTATO FLUFF

3 cups mashed potatoes
Seasoning

Hot milk
 $\frac{1}{2}$ cup whipped cream

$\frac{1}{2}$ cup grated cheese

The mashed potatoes should be well seasoned and beaten with milk until creamy. Spread on a deep plate, cover with whipped cream and cheese, and sprinkle with paprika. Bake in a hot oven (500° F.) until light brown.

CREAMED POTATOES

Cook 1 tablespoon flour and $\frac{1}{2}$ teaspoon salt in 2 tablespoons butter one minute then add 1 cup rich milk. Stir in about 3 large (cooked and diced) potatoes and cook carefully till thick enough. Garnish with parsley or cooked carrots.

Instead of butter you may use bacon fat, keeping out the crisp, diced bacon to stir into, or serve with the potatoes, when thickened.

Another way is to brown the potatoes slightly in the bacon fat, or butter, sprinkle the flour on and stir till it starts to brown then add the rich milk, or a little sour cream; stir in the bacon crisps and serve.

Or, a large lump of butter and several tablespoons cream may be added to the cooked drained potatoes and the pan shaken over the fire till the potatoes are well coated with the mixture.

MASHED POTATOES WITH PEANUT BUTTER

Mash potatoes, add salt, butter and cream, and beat till light. Pile into buttered baking dish. Blend $1\frac{1}{2}$ tablespoons peanut butter with 1 tablespoon butter, dot on top of potatoes and bake till brown.

ENGLISH STEAMED POTATOES

Pare as many white potatoes as are to be needed and let them stand half an hour in cold water to draw out the starch. Drain and lay the potatoes in a steamer and steam for thirty minutes, or until tender when pierced with a toothpick. Place the potatoes in a hot dish and pour over them a little melted butter. A bit of cream if liked and a little chopped parsley, pepper, and salt.

ENGLISH POTATOES WITH CHEESE

3 cups raw potato sliced thin	$\frac{1}{2}$ clove of garlic
4 tablespoons fat	chopped fine
$\frac{1}{2}$ cup grated cheese	1 teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Arrange in baking dish using alternate layers of potato, cheese, fat, and seasoning. Cover tightly and bake in moderate oven until the potatoes are tender (one hour). Decorate with chopped parsley and serve in the baking dish.

BROWN POTATOES

When you have a cup or two of leftover brown gravy from baked meats, place it in a baking dish with an equal quantity of hot water and an onion sliced fine. Pare and slice raw potatoes and place in the gravy, season well and cover. Bake till done. They are also good cooked in a heavy frying pan slowly about one hour.

PARSLEY OR PAPRIKA POTATO BALLS

Wash and pare large potatoes and cut in balls with a French vegetable cutter. Cook in boiling salted water until tender. Drain and pour over them melted butter to which chopped parsley has been added, using $\frac{1}{3}$ cup butter and 1 tablespoon chopped parsley to every pint potato balls. One teaspoon paprika may be used instead of parsley.

CRUMBED POTATOES

Boil until tender, not over-done, 1 lb. small scraped potatoes. Drain, and cut into halves; season with salt and pepper. Melt 2 tablespoons bacon fat, roll the potatoes in the fat, then toss them in freshly made bread crumbs. Place them on a greased baking tin, and bake in a quick oven for about fifteen minutes. When brown, dish up neatly.

DELMONICO POTATOES AU GRATIN

1 pt. diced boiled potatoes	1 tablespoon melted butter
$\frac{1}{2}$ cup cracker crumbs	$\frac{1}{2}$ cup cheese

White Sauce: 1 pt. hot milk, 2 tablespoons flour, 2 tablespoons butter, 1 teaspoon salt, pepper. Mix crumbs and butter, alternate layers of potato, sauce, cheese, and crumbs. Two chopped hard-boiled eggs may be added to sauce. Bake twenty or thirty minutes.

HODGE PODGE

Cut into slices 4 onions, 3 carrots, 3 small turnips, 6 potatoes, 1 stick celery. Add 1 tablespoon rice, season with salt and pepper. Cut $1\frac{1}{2}$ lbs. lean meat in slices, mix all together and put in pan, add 1 pt. water. Cover and bake slowly six hours. Turn out into a deep dish to serve.

POTATO HOT POT

$1\frac{1}{2}$ lbs. (6 medium-sized) potatoes	1 tablespoon butter
2 onions	1 cup milk or water
1 carrot	Salt
1 tomato	Pepper
	Bit of parsley

Slice potatoes, onions, and carrot. Drop into cold water. Bring to boil and boil one minute. Drain and put in greased casserole, add other ingredients. Bake in moderate oven till done. Garnish with chopped hard-boiled egg and fresh parsley.

PUMPKIN

See Pumpkin Soup, Pie, and recipes for Squash in which Pumpkin may be substituted. It is rich in iron—the same as all highly-colored vegetables. It may be baked in the shell, or peeled in strips and diced, then steamed or stewed and drained, mashed, and seasoned.

CREAMED RADISHES

Slice large, crisp white radishes. Cook in salted water till tender. Drain and heat in a white sauce. Kohlrabi may be used instead of radishes.

MEXICAN RICE

$\frac{1}{2}$ cup brown rice (uncooked)	2 cups soup stock
2 tablespoons butter	1 cup cold chicken or veal
$\frac{1}{2}$ cup strained tomato	(diced)
2 tablespoons chopped onion	Salt and pepper

Cook rice in butter for two minutes. Add tomato and onion and cook two minutes longer. Add stock, meat, and salt and pepper to taste. Cover closely and let simmer until rice is tender and liquid absorbed (one hour).

SPANISH RICE

1 cup rice,
1 pt. milk,
 $\frac{1}{2}$ onion,

1 pt. tomatoes,
Butter
Salt and pepper

Boil rice in water till nearly done. Drain, add milk and butter, and chopped onion. When milk is nearly absorbed add tomatoes, salt, pepper, and a dash of paprika.

RICE AND CELERY CROQUETTES

2 cups cooked rice
 $\frac{1}{2}$ cup chopped celery
2 tablespoons strained tomato
2 eggs

$\frac{1}{4}$ teaspoon beef extract
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ small onion chopped
2 tablespoons butter

Bread crumbs

Mix rice, celery, seasonings, and 1 of the eggs. Form into croquettes, roll in the other beaten egg then in crumbs. Put in greased pan with dot of butter on each and bake till browned. Serve with meat.

FLAKY BOILED OR STEAMED RICE

Wash $\frac{1}{2}$ cup rice (in a sieve) in many waters, lifting and rubbing it between the fingers to be sure the starchy coating is removed from all the kernels. Then if desired, let it soak for one hour to shorten the cooking process and make center tender. Brown or natural rice should be used because it is more nutritious.

Drain it and at once sprinkle it into 4 cups rapidly boiling water (or part milk) containing 2 teaspoons salt. Let it boil vigorously only fifteen minutes. The kernels should be tender to the center, but should not begin to break apart. Pour the rice into a colander, dash a quart of cold water through it, to harden and separate the grains, then place over a kettle in which the rice water may be saved, and steam until ready to serve. This gives 3 cups rice that is flaky, tender, and distinct. Cooked peas or minced cooked carrots make a pretty garnish.

If rice is not soaked cook it thirty minutes. Do not stir after it is well started, but lower fire. If part milk is used in cooking, the rice is whiter and richer in flavor. Serve with bits of butter and a dash of cinnamon and sugar if liked.

If cooked in a double boiler $\frac{1}{2}$ cup rice will absorb 2 cups milk and have an excellent flavor; steamed in water it tastes more starchy and not so sweet. Steam an hour or longer.

See **Leftovers and Puddings.**

SAUCIPECANTE—A MEXICAN DISH

1 cup rice

1 cup tomatoes

 $\frac{3}{4}$ cup sweet mangoes

1 cup chopped onions

Cook all ingredients separately, and then blend, and pour into buttered baking dish. Cover the top with fried bread crumbs, and bake until the flavors have blended, about half an hour.

RICE-TOMATO FLUFF

1 cup rice

1 small onion

3 large tomatoes

2 sweet green peppers

2 eggs

Boil rice twenty minutes in 2 qts. of slightly salted water; drain, and when it has cooled, beat in the yolks of the eggs. Add the tomatoes, peppers, and onion chopped fine, and 1 cup of water in which the rice was cooked. Lastly fold in the whites of the eggs whipped stiff and bake in a slow oven three-quarters of an hour.

DUTCH RICE WITH CHEESE

Cook $\frac{1}{2}$ cup rice, take 1 cup of the brown liquor left from roast beef, add $\frac{1}{2}$ cup grated cheese, a little nutmeg if liked, add rice and cheese to the liquor, stir until cheese is melted and serve hot. Milk may be used instead of broth and it may be baked with crumbs on top.

SPANISH MEAT CASSEROLE

Cook $\frac{1}{2}$ cup rice thirty minutes; drain and add 2 tablespoons sugar and $\frac{1}{4}$ teaspoon salt. Brown $\frac{1}{2}$ lb. chopped meat in fat. Put rice and meat in baking dish, cover with tomatoes seasoned with salt and pepper). Bake slowly two hours.

JAMBALAYA

To 2 cups boiled rice add 1 can tomato soup, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon salt, 1 green pepper cut small, $\frac{1}{2}$ cup diced boiled ham, 1 large bay leaf, 1 small red pepper (or $\frac{1}{4}$ teaspoon ground pepper). Place in covered casserole and bake half an hour. For children use less ground pepper and omit red pepper.

SALSIFY OR OYSTER PLANT

Soup: Like oysters, but must be cooked longer.

Boiled: Wash, scrape, and put into cold water. Cut into inch pieces and boil rapidly, uncovered, in an un-chipped pan for thirty minutes or until tender. A little vinegar will help to keep it white. Drain it well and serve with plenty of butter and lemon juice, salt and pepper to taste, or dress with white sauce or Bechamel sauce. Serve in patty shells if desired.

Fried: Cut cold boiled salsify into convenient lengths, coat each with fritter batter and fry in deep fat until well crisped.

SPANISH SPAGHETTI

Fry 3 slices of bacon and to them add 2 cups boiled spaghetti, 2 finely chopped onions, and 1 green pepper cut in small pieces. After cooking gently for ten minutes, add 2 cups canned tomatoes. Place alternate layers of this mixture and any cold chopped meat in a buttered baking dish. Add 1 cup milk or meat stock and dot the top with small pieces of butter. Bake thirty minutes in a moderate oven.

SCOTCH SPAGHETTI

One and a half lb. ground round steak browned in skillet. Add 1 cup chopped onion. Cover with boiling water and cook thirty minutes. Add pepper and 2 teaspoons salt, 2 tablespoons ketchup, and 1 can tomatoes. Add 1 pkg. spaghetti (cooked and drained). Cook twenty minutes and put in buttered casserole to brown.

See Italian Spaghetti and Creole Steak with Beef Recipes.

SPECIAL SPAGHETTI

½ lb. spaghetti	1 onion or 4 mushrooms,
4 tablespoons flour	chopped fine
4 tablespoons butter	2 cups stock or bouillon or
Salt and pepper	thinned gravy

Cook the spaghetti in boiling salted water until done. Drain. Make a sauce of the flour, butter, salt, onion or mushrooms, and stock, first sautéing the mushrooms or onions in butter, and then adding flour and stock. Mix this with the spaghetti and serve with roast veal. If this is to be served without meat, add small pieces of ham or tongue.

SPINACH WITH VARIATIONS

Cook the spinach in a steamer or with very little water, drain and chop (much or little), season and reheat with white or Bechamel sauce; or shape in timbale molds, turn out on toast and surround with Hollandaise sauce flavored with horseradish; or bake with white sauce flavored with grated cheese and onion juice; or mold in ring mold, fill center with cooked carrot balls or tiny beets or small tomatoes baked until tender; or mold and turn out on slices of sautéed tomato on toast; or bake in large hollowed out tomatoes.

Use water drained from spinach, also leftover spinach, in a cream soup or a vegetable soup.

SPINACH PUFFS

Use fresh or canned spinach. Drain and season. To 2 cups cooked spinach add ¼ cup grated cheese, 1 teaspoon salt, speck of

nutmeg, and 2 beaten egg yolks. Cook five minutes, stirring constantly. Add 2 beaten whites. Shape by rounding tablespoonfuls and brown in a frying pan in a little hot butter. Serve with a cream sauce or with a creamed vegetable.

SPINACH WITH BEETS

Make a butter sauce by melting 4 tablespoons butter and adding 2 tablespoons vinegar. Stir in 1 cup each of canned spinach and chopped canned beets.

SPINACH BAKED WITH CRUMBS

2 cups of cooked spinach	2 eggs
3 cups of rolled crackers	4 tablespoons of melted butter
3 cups of milk	Salt

Beat the eggs, add milk, crackers, and spinach. Stir in the melted butter and salt to taste. Put in a buttered baking dish and bake in a moderate oven (300° F.) until firm.

SPINACH WITH BUTTERED CRUMBS

Spinach is good when cooked in salted water or water in which ham or salt pork is boiled; then drained and added to bread crumbs fried in butter.

BAKED SPINACH

One lb. spinach and a bit of parsley put through grinder, $\frac{1}{2}$ small loaf bread soaked in cold water, pressed out and crumbled, 3 slightly beaten eggs, $\frac{1}{4}$ cup butter, salt, pepper, and a little onion. Mix all together, bake in buttered dish one hour.

SCALLOPED SPINACH

$\frac{1}{2}$ pk. spinach	Few grains allspice
$\frac{1}{4}$ tablespoon grated onion	$1\frac{1}{2}$ tablespoons butter
1 tablespoon grated cheese	2 tablespoons flour
1 teaspoon salt	$\frac{1}{2}$ cup milk
Few grains pepper	Shredded wheat or cracker
Few grains paprika	crumbs

Bacon

Steam spinach over hot water. Chop spinach; add onion, cheese, and seasonings. Melt butter, add flour, and when smooth add milk stirring until sauce boils. Add to spinach, and pour into greased baking dish. Cover with sifted shredded wheat crumbs and with strips of thinly sliced bacon. As the bacon shrinks in cooking, lay on the strips so they will overlap. Bake until bacon is curled and brown.

SAVORY SPINACH

Drain 1 can spinach. Chop 2 slices bacon and fry until brown, add 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 3 cooked potatoes, diced, and 3 tablespoons vinegar. Stir until hot and serve.

Spinach may be served with white or cream sauce after it is cooked and drained. It is fine on squares of stale bread browned in butter.

SPINACH À LA GOLDENROD

$\frac{1}{4}$ pk. of spinach	4 tablespoons flour
4 hard-boiled eggs	2 teaspoons salt
$\frac{1}{4}$ lb. thinly sliced bacon	Dash of paprika
2 tablespoons grated onion	1 tablespoon lemon juice or vinegar

Clean and cook the spinach as usual. Drain, and save the water. Chop the spinach, and add to it 1 cup sauce. Put in the center of a platter, and put around it the finely chopped whites of the eggs. Above the egg put the crisply fried bacon; in the center of the dish put the yolk of 1 egg mashed through a strainer. Sprinkle all with paprika.

Sauce: Fry the bacon and remove from the pan, keeping it hot in the oven; add the onion to the drippings, then the flour and salt. Remove from the fire and stir until well mixed; then add 1 cup of the spinach stock, stirring slowly all the time. Boil five minutes, then add the 3 yolks rubbed through a strainer. Add the lemon juice or vinegar.

SPINACH WITH VERMICELLI OR SPAGHETTI

To $\frac{1}{2}$ pk. washed spinach add 4 tablespoons boiling water and 1 teaspoon salt. Cook until tender; drain, and chop fine. Melt 2 tablespoons butter in a saucepan; add the spinach, 2 tablespoons cream, $\frac{1}{4}$ cup grated cheese, and 2 well-beaten eggs, and stir for a few minutes over the fire. Turn into a hot dish, garnished with vermicelli and hard-cooked egg yolks rubbed through a sieve. To cook the vermicelli put $\frac{1}{2}$ pkg. into a saucepan, cover with boiling salted water, and boil steadily for fifteen minutes. Drain, add 1 tablespoon butter and seasoning.

SQUASH EN CASSEROLE

Pumpkin may be substituted in squash recipe.

Pare squash (Hubbard or small crookneck preferred), cut into cubes and fill a buttered baking dish. Add pepper and salt to taste as you fill the dish. Cover the top with thin slices of bacon, (cheese sauce may be added if liked), put on the cover, bake about one and a half hours, removing cover for a few minutes to crisp bacon. If liked, cheese may be grated on top before browning.

BUSH, SCALLOPED OR PATTY PAN SQUASH

This is one of the best of the summer squashes. When the skin and seeds are tender they need not be removed. After a thorough scrubbing, cut the squash in pie-shaped slices from end of each scallop to the center. Pour over them boiling water enough to barely show and cook until tender. Drain, and if the slices hold their shape nicely, serve, seasoned with salt, pepper, and butter. Otherwise mash before seasoning and serving. *Yellow crookneck summer squashes* make tasty dishes also; cooked with the white scalloped squashes, the flavor and color harmony are both very pleasing.

TOMATO AND SUMMER SQUASH, SAUTÉ

Select large, firm, ripe tomatoes and a summer squash that will make slices of about the same diameter. Slice the unpeeled tomatoes in thick slices, and the squash in slightly thinner ones. Dip all in flour highly seasoned with salt, pepper, and sugar, and brown richly in bacon fat, keeping the bacon hot. Be sure that the squash is well cooked; it will take longer than the tomato; neither should be broken. Arrange on a hot platter in rings of overlapping slices, alternating the vegetables, and pour around them the following sauce: Pour 1 liberal cup of thin cream or top milk in the unwashed frying pan, scraping off the "brown," and thicken with 2 tablespoons each of butter and flour melted together; stir until smooth and season to taste. Garnish with the bacon and serve as a main dish. The browned slices of the vegetables, arranged alternately, may be used as a garnish for Hamburg or other steak or chops.

SUMMER OR HUBBARD SQUASH

Wash and cut the squash; cut in half, then cut in thick slices, and pare each slice. Boil or steam till tender. Or, remove seeds and bake without paring; scoop out, mash, and season with butter and salt. Hubbard Squash looks and tastes like sweet potatoes if mashed and seasoned after baking in the shell. Marshmallows may be spread on top of sweetened, mashed squash, and placed in oven to brown. If squash is baked in halves or pieces without paring, rub the inside with butter to keep the surface soft and moist.

To mash boiled squash, place cheesecloth over colander; pour the boiled squash into it and press out all the water; remove to stew-pan, stir and beat, seasoning with butter, salt, and pepper.

FRIED SUMMER SQUASH

Wash and pare young, tender squash; if deep yellow and too hard for the thumb nail to dent, it will not be good fried. Slice about $\frac{1}{2}$ inch thick, sprinkle with salt and pepper and dredge with flour. Fry until brown, in equal parts of butter and lard. Cook slowly, with cover over frying pan. If desired, the slices may be dipped in egg and crumbs before frying.

ITALIAN SQUASH

Squash is especially good when scrubbed, cut into 2-inch lengths, boiled in a small quantity of water and served with butter, salt, and a little pepper. It may also be cut into thick slices, dredged with flour and sautéd.

SCALLOPED TOMATOES

To a medium can of tomatoes add 1 cup sliced onions, 1 cup dry bread crumbs or bits of buttered bread or crackers, 1 or 2 tablespoons flour, and about $\frac{1}{3}$ cup melted butter. Mix (or arrange in layers with crumbs on top) and season to taste with salt and sugar—about 1 teaspoon each. Pepper if liked. Bake in oven about one hour or till onions are tender. Good served with rich dinner or with a macaroni and cheese dish.

TOMATO SOUFFLÉ (For 6 Persons)

1½ cups tomato purée	4 tablespoons flour
4 tablespoons melted butter	1 cup grated cheese
½ teaspoon salt	4 eggs

Melt butter, add flour, salt and tomato, cook in double boiler twenty minutes, add grated cheese and stir till melted. Cool a little while and add well-beaten yolks and then fold in whites. Pour into custard cups set in pan of hot water. Bake in slow oven one and a half hours. Serve hot. Turn out on plates and garnish with parsley. Good served with cold meat and escalloped potatoes.

TOMATO TIMBALES

3 cups tomato	1 tablespoon sugar
1 small onion sliced	$\frac{1}{8}$ teaspoon soda
1½ teaspoons salt	1 cup fine, dry crumbs
2 eggs	

Cook tomato, onion, salt, and sugar for fifteen minutes. Strain. Add bread-crumbs and when well cooked add the eggs slightly beaten. Mix well. Pour into well-buttered custard-cups; stand them in a pan of warm water and bake in a moderate oven (350° F.) for thirty or forty minutes. Remove from molds to hot serving-dishes and serve with cheese sauce.

BAKED TOMATOES

Halve ripe tomatoes, unpeeled, and arrange close together in a buttered glass baking dish. Sprinkle well with sugar, salt, pepper, and scraped onion; add butter, set in a hot oven (450° F.) until softened but in shape, then lay on each a slice of bacon, and continue baking until bacon is crisp, turning once. Remove from oven, slip buttered rounds or squares of hot toast underneath, and serve. These are delicious.

TOMATO-CORN CASSEROLE

Put 4 medium-sized tomatoes, peeled and sliced, in bottom of a well-buttered glass baking dish, sprinkle with salt, sugar, pepper, and minced green, sweet pepper, and add liberal dots of butter; then add corn cut from 4 ears (uncooked), with salt and bits of butter. Cover top with crumbs, add bits of butter, and bake twenty minutes in a rather hot oven (450° F.). Place slices of bacon, radiating from center, on the top, and continue baking until bacon is browned, turning it to crisp both sides. Serve with lettuce and cucumber salad.

BAKED STUFFED TOMATOES

Slice off the stem ends of fine large tomatoes, scoop out middles, sprinkle with a little salt and sugar, and fill with buttered crumbs or uncooked cut-off corn, first scored down the middle of rows and just brought to a boil with the removed tomato pulp, which has been cooked five minutes and highly seasoned; just enough tomato should be used to moisten the corn slightly. Put $\frac{1}{2}$ teaspoon of butter on top of each cup, sprinkle with buttered crumbs, and bake in a hot oven until tomatoes are cooked and crumbs brown. Serve on rounds of buttered toast, over which the juice remaining in the pan has been poured; garnish with crisp bacon as a main dish, or serve without the bacon as an accompanying vegetable.

TOMATOES STUFFED WITH SPAGHETTI

Boil $\frac{1}{2}$ small pkg. spaghetti twenty minutes. Drain. Scoop out the center of 6 large, ripe tomatoes, fill with the spaghetti and scooped out tomato, well seasoned. Cover with bread crumbs, and grated cheese. Bake in a moderate oven until the tomatoes are tender.

ITALIAN MACARONI

(Also see Spaghetti Recipes and Cheese Dishes)

Add 1 small box macaroni to about 3 pts. boiling water. Add 1 teaspoon salt and cook twenty minutes. Drain off water. Add 1 small can cream of tomato soup. Brown 1 diced onion and 1 chopped green pepper in butter and add. One cup chopped left-over meat may be added. Put all in buttered baking dish, sprinkle top with grated cheese or buttered crumbs. Brown in oven.

TOMATO CROQUETTES

Run through the coarse grinder or chop in a wooden bowl: 3 hard-boiled eggs, the well-drained pulp of half a large can or 3 large tomatoes, and 1 tablespoon of parsley. Add 1 teaspoon of chopped celery and chives mixed, a big pinch of summer savory, salt, pepper, and paprika to taste. Chop well and add 2 cups of cold mashed potatoes, 2 egg-yolks, and 1 teaspoon of lemon juice.

Make into small rolls, dust with flour, and let stand for a few minutes. Then dip into beaten egg, roll in corn flakes and fry in very deep hot fat until golden brown. A basket is the only sure way as these are very delicate. Serve with sticks of celery and pepper rings.

TOMATO CAKES

1 cup canned tomatoes	12 soda crackers, rolled fine
2 eggs	Seasonings to taste
Fat for frying	

Season tomatoes and mash with half of the crackers; add eggs and beat smooth. Add the rest of the crackers and shape into small cakes. Fry a nice brown in deep fat, or sauté on a griddle.

CREAMED TOMATOES ON RICE

Add white sauce to cooked tomatoes seasoned to taste and pour over cooked rice.

SAUTÉD TOMATOES

Wipe, peel, and slice 6 tomatoes (green, ripe, or half ripe) and sprinkle with salt and pepper. Dredge with flour and fry in butter. Place on a hot platter and pour a white sauce over them. May be served on toast with a bit of grated cheese on top of the sauce.

STEWED TOMATOES

To cooked tomatoes add bits of buttered bread or crackers. Or, add butter, sugar, salt, and pepper to taste. To *cream* 1 pt. tomatoes add a thin flour and water paste (1 tablespoon flour to $\frac{1}{2}$ cup water, cold juice or milk), a speck of soda and about 1 cup rich milk. Add slowly, stirring briskly. (If rapidly stirred, soda is not necessary to prevent curdling.) Use plenty of butter and seasoning before serving.

TOMATO RAREBIT

Melt 2 tablespoons butter, then stir in gradually 2 tablespoons flour. When it thickens, add gradually $\frac{3}{4}$ cup light cream. Have ready $\frac{3}{4}$ cup stewed and strained tomato juice to which a salt-spoon of soda has been added. Pour this into the mixture with

2 cups grated cheese, 2 beaten eggs, a little salt, cayenne pepper, and $\frac{1}{2}$ teaspoon prepared mustard. Stir the mixture until the cheese is melted, then turn it over to toast.

VEGETABLE CASSEROLE

An excellent meat substitute. Slice and toast $\frac{1}{2}$ loaf bread. Put it through the grinder and add $\frac{1}{2}$ lb. chopped nuts, 1 cup chopped celery, 2 cups chopped tomatoes, $\frac{1}{4}$ cup chopped onions, 3 tablespoons melted butter, 2 well-beaten eggs, salt and pepper to season. Bake slowly for one hour and serve with tomato sauce.

TURNIPS OR RUTABAGAS

Creamed: Cut in cubes, boil in salt water till done, pour water off. Make sauce: One tablespoon butter, 1 tablespoon flour, rub together, add large cup milk, and cook in double boiler until thick; salt and pepper to taste, pour over turnips.

Also good *mashed* or *chopped with butter*, using no sauce, or they may be *boiled with beef*. See "Carrots with Turnips" and "Gold and Silver Vegetables."

DELICATE TURNIP

Mash cooked turnips, add 1 or 2 mealy potatoes, mash, beat, and season with salt and plenty of butter. Heap in a serving dish in rosettes, add pepper, and serve. Many people who find turnip too strong will like it prepared in this way. It must be mashed and beaten until very smooth, and be served hot.

BROCCOLI

Broccoli resembles green cauliflower in appearance and can be used in the same recipes. Its flavor is very delicate. Remove all dead or tough leaves and boil it in slightly salted water till tender (about forty-five minutes, if left whole). A pinch of soda may be added to the water to preserve the green color. When tender, but not too soft, drain and add butter or a cream sauce or Hollandaise sauce. It may be used in a vegetable salad or combined in any way with other cooked vegetables, such as string beans or carrots.

The boiled broccoli may be drained and placed in a buttered casserole in layers with cheese sauce and the top layer covered with grated cheese and bread crumbs and baked about twenty minutes in a moderate oven till well blended and browned on top.

Extra Recipes

Salads

To estimate the number of servings in any salad recipe count the cups of ingredients (except the dressing) and allow about $\frac{1}{2}$ cup for each person.

Gelatin salads containing acid fruit juice often require extra time to "set," so it is safer to make them the day before needed, or add extra measure of gelatin and keep mixture very cold. Gelatin may be colored and flavored as desired, and fruit or unsalted vegetable juice used instead of water to increase the food value.

SALAD CUPS

Salads are attractive when served in shells of grapefruit, oranges, pomegranates, cantaloupes, sweet peppers, cored apples, tomatoes, cooked beets, or head lettuce.

GARNISHES

Many salad garnishes may be mixed with the dressing, but some look better when placed on top of the dressing or at the side of the plate. Several garnishes may be combined to form designs, such as tiny slices or strips of vegetables or fruit, arranged in circles, clover leaves (shamrocks), flowers, etc.

Strips of pimiento, green, red or yellow peppers; candied fruits or peels; olives; pickles; whole or chopped nuts; sliced or chopped raw or cooked carrots and beets; sliced celery; sliced cucumbers; sliced onion; hard-boiled eggs sliced, chopped, riced, or cut in strips; small red radishes cut like flowers or sliced; sections of red apples; red and green cherries and grapes; cooked prunes stuffed with almonds; tiny green onions; capers, paprika, nasturtium leaves; parsley, cress; shredded lettuce; any small fresh flower; candies or bits of fruit, arranged in designs or used singly.

RADISHES FOR GARNISH

Select red globe radishes and remove tip end. Wash, and beginning at root-end, make 6 incisions—at equal distances apart—through the skin, extending nearly to the stem end. Pass a thin-bladed knife under the sections of skin, and cut down as far as the incisions extend. Place in cold water and let stand an hour

or two, after which time the sections of cut skin will fold back, resembling a tulip. Very pretty with salads, or on a plate with green olives or celery sticks.

MOCK CARROTS

Soften and mix yellow cream cheese with cream, roll into carrot shape, and stick parsley in large ends. May be served with other salads or alone with dressing.

MOCK CRAB APPLES

Soften a yellow cream cheese with cream, mold into balls, dust cheeks with paprika, insert cloves for stem and blossom.

STUFFED CELERY

Fill celery sticks with Roquefort or softened cream cheese. The cheese may be mixed with chopped olives, peppers, or nuts, and the sticks sliced or left whole.

CHEESE BALLS

Prepare as for mock apples or celery sticks, but roll into balls or flatten into patties and put walnut half on top.

FRUIT SALADS

FRUIT SALAD (For 50 Persons)

12 oranges	$\frac{3}{4}$ lb. shelled walnuts
12 apples	6 heads lettuce
24 bananas	2 cups heavy cream
2 large cans crushed pineapple	3 cups mayonnaise dressing

Pare fruit, cut in small pieces, add pineapple drained from juice, and nuts broken in pieces. Arrange in nests of lettuce leaves. Beat cream until stiff, fold into the mayonnaise dressing.

TWENTY-FOUR-HOUR SALAD (For 12 Persons)

Make a dressing of 4 egg yolks, juice of 1 lemon, $\frac{1}{4}$ cup cream, and a pinch of salt, cooked until thick, in a double boiler. Add $\frac{1}{2}$ pt. whipped cream when the mixture is cold. Mix with 1 can diced pineapple, 1 can white cherries, 1 box of marshmallows, cut in pieces. The salad may be prepared twenty-four hours before needed. When ready to use, add $\frac{1}{4}$ lb. pecans and serve on head lettuce.

TAPIOCA FRUIT SALAD (For 24 Persons)

- | | |
|-----------------------------------|---------------------------------------|
| 1 large can pineapple—diced | 1 pt. (or more) sliced straw- |
| 1 large can black or white cher- | berries |
| ries | $\frac{1}{4}$ lb. marshmallows, diced |
| $\frac{1}{2}$ doz. bananas, diced | 4 oranges (may be added) |
| 1 cup broken nuts | |

Dressing: Soak 1 cup pearl tapioca over night. Cook until clear, and add 1 cup sugar, a tiny pinch of salt, 2 teaspoons vanilla, and enough red coloring to give it a delicate pink color. Cool it and add to fruit, then chill thoroughly. May be served with or without mayonnaise.

MARYLAND FAVORITE INDIVIDUAL SALAD

Make nests of shredded lettuce and sprinkle with a little salt. On this lay a slice of canned pineapple, then slice over it $\frac{1}{2}$ banana, $\frac{1}{3}$ orange, a few ripe olives, and some more lettuce; then, just before adding the dressing, add a generous sprinkle of finely-cut cheese. For the dressing use mayonnaise to which has been added 1 very ripe banana, mashed to a pulp and moistened with pineapple juice. Stir this into the mayonnaise, then fold in a little whipped cream, pour over the salad.

ORANGE AND APPLE SALAD (For 4 Persons)

- | | |
|-------------------------------|------------------------------|
| 2 oranges | 1 cup diced apples |
| 1 cup diced celery | $\frac{1}{2}$ cup mayonnaise |
| $\frac{1}{2}$ head of lettuce | |

Arrange orange slices in a ring on a bed of lettuce. Mix apples and celery with mayonnaise and pile mixture in center of orange ring.

ORANGE-GRAPE SALAD

Mix equal parts of diced oranges and white grapes cut in half and seeded. Serve it in orange shells, with mayonnaise dressing.

GRAPE SALAD (For 12 Persons)

- | | |
|--------------------------|--------------------------------|
| 2 lbs. Malaga grapes | 3 oranges |
| 1 can Hawaiian pineapple | $\frac{1}{2}$ pt. double cream |
| 2 bananas | |

Cut and seed grapes, add diced pineapple, oranges, and banana. Mix with mayonnaise or favorite fruit salad dressing, sprinkle with chopped nuts. Chill thoroughly till serving time, then add whipped cream and top with maraschino cherries. Use crisp lettuce cups.

CHRISTMAS CANDLE SALAD

Place a thick slice of pineapple on a lettuce leaf. Cut a banana in halves, crosswise. Place on end in the center of the pineapple. Insert toothpick in a red cherry and place in the top end of banana. Put mayonnaise around edge of the pineapple. If a shelled or fried almond is used instead of the cherry, it will burn like a wick for a short time.

WALDORF SALAD

- | | |
|-----------------------------|---------------------------------------|
| 1 cup diced apples | $\frac{1}{2}$ cup walnut meats broken |
| 1 cup celery sliced | in pieces |
| 1 tablespoon lemon juice | 1 cup mayonnaise or boiled |
| $\frac{1}{2}$ teaspoon salt | dressing |

Mix lightly apples, celery and nuts, being careful not to crush the fruit, sprinkle with salt and add dressing. A diced orange may be added.

CELERY-FRUIT SALAD (For 12 Persons)

- | | |
|----------------------|-----------|
| 1 can pineapple | 3 oranges |
| 1 lb. grapes (white) | 3 apples |
| 2 cups celery | |

Dressing: 2 eggs, 2 tablespoons vinegar, 2 tablespoons sugar. Beat eggs, stir sugar in, add vinegar; cook in double boiler, beating till thickened; then add a speck of salt or 1 tablespoon of butter; cool; thin with sweet cream.

IMPERIAL SALAD

Drain juice from $\frac{1}{2}$ can pineapple, add 1 teaspoon lemon juice or vinegar, and enough water to make 1 pt. Heat to boiling point and add 1 pkg. of lemon Jell-O. Just as Jell-O begins to set, add 3 slices of pineapple, cubed, $\frac{1}{2}$ can Spanish pimientos, shredded, and 1 medium-sized cucumber, salted and cut fine. Mold and serve with cream salad dressing.

STRAWBERRY SALAD

Slice strawberries with banana slices and add French dressing or fruit salad dressing. Pineapple and orange slices may be added.

BANANA-NUT SALAD

- | | |
|----------------|--|
| 3 firm bananas | $\frac{1}{2}$ cup very finely chopped nuts |
|----------------|--|

Cut bananas into halves crosswise, separate each half into 4 pieces, lengthwise; moisten with fruit salad dressing and roll in chopped nuts. Arrange on shredded lettuce in log cabin style, allowing 8 pieces to a person. Fill center with salad dressing and decorate with chopped candied cherries.

PINEAPPLE-GRAPE SALAD (For 12 Persons)

2 cups pineapple	2 cups Malaga grapes
2 cups English walnuts	2 cups marshmallows

Shred pineapple, break nuts into small pieces; cut grapes in half and marshmallows in quarters. If canned pineapple is used, take only half as much sugar in the dressing and use the juice instead of water.

Dressing: 1 cup sugar, 1 tablespoon butter, 1 heaping tablespoon flour mixed with the sugar, juice of 1 lemon, 2 eggs, 1 pt. boiling water. Cook until it thickens, and cool. When ready to serve, add fruit to dressing, then fold in 1 pt. whipped cream.

STUFFED CHERRY SALAD

Press out seeds of canned red or black cherries, and fill cavity with almonds or any other nut. Add diced celery and serve on lettuce with fruit salad dressing, and top with maraschino cherry.

BLACK CHERRY SALAD

Chill thoroughly equal parts of stoned black cherries, cut marshmallows, and pecans. Mix with whipped cream.

WHITE CHERRY SALAD (For 12 Persons)

1 medium-size can pineapple	1 cup white cherries
$\frac{1}{2}$ lb. white grapes	$\frac{1}{2}$ lb. marshmallows
$\frac{1}{2}$ cup red maraschino cherries, sliced	$\frac{1}{2}$ lb. English walnuts
	1 pt. whipped cream

Drain juice from fruit and mix whipped cream, saving out part of cream to top the salad.

PRIZE COMBINATION FRUIT SALAD

In the center of a lettuce bed place a slice of pineapple with a red cherry center; to the one side a half of a peach with a cheese-ball center, and to the other side a half of a pear with a blanched almond center. Serve with a whipped cream dressing.

APPLE, CELERY, AND GRAPE SALAD

2 small red apples washed, cubed, 1 heart celery cubed, adding the tender leaves, and $\frac{1}{4}$ cup red grapes, halved and seeded. Serve with whipped cream dressing.

PORCUPINE SALAD

$\frac{1}{2}$ a pear turned with rounded side up on a bed of lettuce. Stick into the pear whole blanched almonds. Serve with a whipped cream dressing.

BERMUDA PINEAPPLE SALAD

A slice of pineapple, placed on a bed of lettuce, with a very thin slice of Bermuda onion. Serve with a French dressing. Orange or apple slices may be used instead of pineapple.

FRENCH FRUIT SALAD WITHOUT DRESSING

$\frac{1}{2}$ lb. almonds	3 bananas
4 oranges	$\frac{1}{2}$ cup French cherries
1 can pineapple	1 cup powdered sugar

Add whipped cream if desired

Blanch the almonds and grate or chop very fine; pare and slice the oranges; cut pineapple into small dice; slice the bananas. Alternate the layers of fruit with layers of sugar. Reserve the almonds for the top layer. Garnish with strawberries or other small, bright fruits. (Serves 10-12 persons.)

BUTTERFLY SALAD (with Cheese)

Cut slices of pineapple in halves. Place round edges together on lettuce leaf, mold cream cheese to form body of butterfly in center of the halves. Use strips of green peppers or red pimiento for the antennæ at the head, and cherries or olive slices or the red or green pepper cut in circles to fill holes at outer edges. (Use favorite dressing.)

BUTTERFLY SALAD (with Banana)

Cut slice of pineapple in half. Put straight or curved sides together, leaving space to lay half of a split banana in the middle. Use strips of orange or lemon-peel for antennæ, and a speck of clove for eyes. Cover banana with dressing, sprinkle with chopped nuts, and put a maraschino cherry over the holes in the pineapple.

JELL-O-PINEAPPLE SALAD

Make a pint of lemon Jell-O, substituting juice from 1 small can pineapple for an equal amount of water. When it starts to jell add a cup pineapple cubes, 1 cup seeded white grapes (peel if desired) and turn into molds. Chill till set and serve on lettuce with dressing.

BINGO FRUIT SALAD (For 8 Persons)

1 pt. lemon Jell-O	1 cup nuts cut in large pieces
4 slices pineapple (diced)	$\frac{1}{4}$ cup sliced stuffed olives
3 tiny sweet pickles minced	

Just before the Jell-O is set add the other ingredients. Serve with plain whipped cream or a cream salad dressing.

DATE SALAD (for 12)

1 lb. dates cut in pieces	1 cup chopped apples
1½ cups sliced celery	3 diced oranges

Serve with whipped cream or any sweet dressing.

PEAR AND DATE SALAD

1 tablespoon cream cheese	4 half pears
2 teaspoons nuts	4 dates
½ cup mayonnaise	½ head lettuce

Stone dates, stuff with cream cheese and nuts moistened with a little mayonnaise. Put a date in each half pear. Serve on a nest of lettuce.

PEACH AND DATE SALAD

4 half peaches	½ head lettuce
1 tablespoon peanut butter	4 dates
½ cup mayonnaise	

Stone dates and stuff with peanut butter. Place date in each half peach on nests of lettuce. Dress with mayonnaise and serve.

PRUNE SALAD

Cut cooked, seeded prunes into shreds with a scissors. To 1 cup cut prunes add 1 cup celery or sliced orange. Nuts may be added. Serve with mayonnaise.

BANANA SALAD*Dressing:*

1 egg	1 lemon (juice)
¾ cup sugar	1 tablespoon butter (melted)
2 tablespoons cornstarch (round)	1 cup boiling water

Mix in order named and cook in double boiler till thickened. Cool and pour over bananas, sliced lengthwise, and placed on lettuce leaf. Sprinkle with ground nuts and bits of maraschino cherries.

NEW PINEAPPLE SALAD

Work one cream cheese in a bowl with back of spoon until soft and creamy. Gradually add ½ pt. cream that has been whipped until stiff. Drain contents of a No. 2 can sliced pineapple, cut slices into dice and add to cream mixture. Cut up one small bottle maraschino cherries fine and add. Serve immediately on crisp lettuce.

BANANA-PINEAPPLE SQUARE SALAD

Arrange lengthwise-fourths of banana to form a square. Fill center with crushed pineapple. Put whipped cream on top, then pour pineapple juice over all.

WISCONSIN MARSHMALLOW ALMOND SALAD

1 cup pineapple	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ lb. marshmallows	$\frac{1}{2}$ cup cream
$\frac{1}{2}$ lb. almonds (slightly salty)	2 eggs or 4 yolks
1 lemon	

Cook last four ingredients together. Chill and add 1 cup whipped cream. Mix.

CHERRY-PINEAPPLE SALAD

One slice pineapple per person; white cherries. Put pineapple on lettuce leaf, place cherries around on pineapple, fill hole in pineapple with mayonnaise. Then sprinkle nut meats over top.

MARSHMALLOW-GRAPE SALAD (for 12)

1 lb. marshmallows, cut in cubes	
1 lb. Malaga grapes, halved and seeded	1 can pineapple cut in cubes
	$\frac{1}{4}$ lb. pecans

COCOANUT-FRUIT SALAD

3 oranges	$\frac{1}{2}$ cup white grapes
5 bananas	$\frac{1}{4}$ cup English walnuts

Mix and sprinkle with cocoanut. Place on lettuce, and top with whipped cream dressing and cherry or a berry.

PINEAPPLE-MARSHMALLOW SALAD

1 can diced pineapple	$\frac{1}{2}$ cup whipped, sour cream
1 lb. marshmallows, diced	1 tablespoon salad dressing

A spoonful of sweet whipped cream and a red cherry on each serving.

FROZEN PEACH FRUIT SALAD (for 6)

1 cup peeled, and very thinly sliced sweetened peaches	$\frac{1}{2}$ cup maraschino cherries
1 cup diced pineapple	2 tablespoons lemon juice
1 cup seeded white cherries	2 cups stiffly whipped, sweetened cream
$\frac{2}{3}$ cup mayonnaise	

Combine fruit and lemon juice. Mix whipped cream and mayonnaise and combine with fruit mixture. Chill three hours

in trays of the electric refrigerator, or pour into ice cream mold and cover tightly. Pack in 2 parts crushed ice to 1 part coarse salt. Let stand four hours. Cut in slices and serve on crisp lettuce leaves.

FROZEN PINEAPPLE SALAD (for 10)

1 tablespoon lemon juice	12 maraschino cherries
2 bananas, halved and sliced	$\frac{1}{3}$ cup French dressing
$\frac{3}{4}$ cup white grapes, peeled	$\frac{1}{2}$ cup mayonnaise dressing
$\frac{3}{4}$ cup sliced pineapple, cut in pieces	2 cups whipped cream
	$\frac{1}{8}$ teaspoon salt

Combine the lemon juice with the fruits, chill and marinate with French dressing for two hours. Mix the mayonnaise with the sweetened whipped cream and add the fruit. Freeze in freezing tray of the electric refrigerator three and a half hours. Serve on a lettuce leaf, with a red cherry garnish. (The 12 cherries are chopped and mixed with the other fruit.)

PECAN SALAD

Arrange orange slices on bed of lettuce, then add bananas sliced or quartered. Sprinkle with whole or chopped pecans. Serve with French or a fruit salad dressing.

WALNUT SALAD

Mix about $\frac{1}{2}$ lb. English walnut meats and 2 diced apples. Serve on lettuce leaves, with a dressing.

FRUIT-NUT SALAD (with Whipped Cream)

Pare and cut in small pieces 4 apples, small head celery, $\frac{1}{2}$ lb. dates or grapes (seeds removed), 2 oranges, 1 cup pineapple sliced, $\frac{1}{2}$ lb. nuts, $\frac{1}{4}$ teaspoon salt, 2 tablespoons sugar. Mix and serve with whipped cream.

PEAR SALADS

1. Moisten cream cheese with cream so it can be used to spread over the top of half a canned pear. Put a cube of tart red jelly in center. Serve with mayonnaise on lettuce.

2. Cover half pears with ice water and a bit of lemon juice for half-hour or more. Or cook them in the lemon water, colored pink, till they are tender and pink. Canned pears may be chilled in the pink or plain lemon water. Drain and heap chopped nuts or fruit in the center and serve with dressing.

3. The pears may be coated with cream cheese softened with egg-yolk to look like peeling, and then quartered.

4. A whole, canned pear may be stuffed with cream cheese (two halves put together with a ball of cream cheese in the center). Use rose leaves in small end. Put a bit of pink coloring on one side, and put salad dressing at one side of the plate.

AVOCADO SALAD

Arrange sliced, peeled avocado and thin slices of pineapple, alternately and overlapping each other, on a half heart of romaine. Sprinkle with chopped apple and green peppers, blanched, peeled, and diced. Serve with light mayonnaise dressing.

CALAVO AND CELERY SALAD

Arrange diced celery and thin slices of calavo pear on lettuce, garnish with sweet red pepper. Serve with French dressing.

PINEAPPLE COMBINATION FRUIT SALAD

1/2 lb. grapes	1 banana
3 oranges	1/2 can pineapple
2 apples	Cherries and nuts

Make a thickening of the pineapple juice, 1 tablespoon flour and sugar to suit taste. When cool add whipped cream and fruit.

SUNFLOWER SALAD

Arrange sections of seedless oranges, from which the white membrane has been removed, like petals of a sunflower on lettuce leaves. Chopped dates and nut-meats, mixed and formed into balls, make the dark center of the sunflower. Serve with any salad dressing.

"BROWN-EYED SUSAN" SALAD

Place a slice of pineapple on lettuce. To 1 small cream cheese add enough yellow coloring to make a deep orange color (or use package of pimienta cheese). Mold cheese into slender, pointed rolls long enough to cover pineapple from center to edge. Lay cheese rolls on slice of pineapple like petals of a flower. Stone a ripe olive and place in center of pineapple slice. Serve with French or mayonnaise dressing.

JELLIED ORANGE SALAD

2 cups boiling water	1/2 cup orange juice
1 cup cold water	Juice of 1 lemon
2 round tablespoons gelatin	1/2 cup sugar

Let gelatin stand in the cold water five minutes, then add the other ingredients and chill till almost set. Roll Neufchatel cheese into small balls after softening with cream. Moisten molds, put one ball into each mold, fill with gelatin mixture, and chill till set. Turn out on lettuce, and arrange white cherries around the edge. The stones of the cherries may be replaced with peanuts or hazelnuts. Use favorite salad dressing.

GINGER ALE SALAD (for 8)

2 round tablespoons gelatin	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup cold water	Juice 1 lemon
1 cup boiling water	2 cups fruit or vegetables, cut fine
$1\frac{1}{2}$ cups ginger ale	$\frac{1}{2}$ cup nuts, chopped

Soften gelatin in cold water five minutes, dissolve in boiling water. Add ginger ale, lemon juice, and sugar. Set aside to cool. When beginning to thicken, add fruit and turn into fancy molds. Serve on lettuce and garnish with dressing. Equal parts of sliced celery and grated raw carrot, slightly salted, make a good vegetable combination, with little or no sugar.

GRAPEFRUIT SALAD (for 6)

Prepare 1 large grapefruit, 3 oranges, 2 diced bananas, 2 diced, tart apples, the finely cut heart of a small head of lettuce, and a teaspoon of minced white celery leaves. Chill and drain. Use mock whipped cream salad dressing.

CRANBERRY SALAD (for 8)

Soak 1 envelope gelatin in $\frac{3}{4}$ cup cold water until dissolved. Pour over this 3 cups boiling cranberry juice, adding juice of $\frac{1}{2}$ lemon, $\frac{1}{8}$ teaspoon salt, sugar to taste (1 to 2 cups), and, when cool, $\frac{1}{2}$ cup black walnuts and 1 cup celery, sliced.

CRANBERRY-CELERY SALAD

Diced celery covered with mayonnaise dotted with cubes of jellied cranberries.

APPLE-PEANUT BUTTER SALAD

1 cup celery	4 tablespoons lemon juice
2 cups apple	1 teaspoon sugar
1 tablespoon peanut butter	$\frac{1}{4}$ teaspoon salt

Dice celery and apples. Blend lemon and peanut butter. Add sugar and salt, stir into apples and celery. Chill thoroughly. Serve on lettuce with extra dressing thinned with cream if desired.

JELLIED STRAWBERRY SALAD (for 8)

1 pt. crushed pineapple	2 tablespoons gelatin
2 egg-whites	1 pt. strawberry juice
$\frac{1}{2}$ cup whipped cream	Whole strawberries

Dressing

Dissolve 1 tablespoon gelatin in a little cold water, add to the crushed pineapple that has been sweetened to taste and heated

to the boiling point. When mixture begins to thicken, add the beaten cream and the egg-whites beaten until stiff. Pour into square mold, first dipped in cold water. Dissolve the other tablespoon gelatin in a little cold water and stir into the hot strawberry juice, sweetened to taste. When it begins to stiffen, drop in a few strawberries and pour onto pineapple mixture.

JELLIED FRUIT SALAD

1 envelope gelatin	$\frac{1}{4}$ cup mild vinegar or lemon
$\frac{1}{2}$ cup cold water	juice
2 cups boiling water	$\frac{1}{2}$ cup sugar
3 cups fresh fruit, cut in small pieces	

Soak gelatin in cold water ten minutes, and add boiling water, vinegar, and sugar. Strain, and when mixture begins to thicken or is almost stiff, add fruit, using cherries, oranges, berries, bananas, apples, or cooked pineapple, alone or in combination. Turn into mold, first dipped in cold water, and chill. Remove from mold to nest of crisp lettuce leaves; accompany with mayonnaise or boiled salad dressing. Substitute vegetables for the fruit, and you will have a delicious vegetable salad.

HAWAIIAN SALAD

Dice apples, pineapple, oranges, and bananas into a mixing bowl, cover with shredded cocoanut, and toss until juices are absorbed. Serve with a dressing made by beating the white of 1 egg with $\frac{1}{2}$ glass jelly. Use any desired proportion of fruits and dressing.

VEGETABLE SALADS

Note: For good French flavor, rub vegetable salad bowl with a cut clove of garlic.

UNUSUAL VEGETABLE SALAD

1 can peas, drained	3 small sweet pickles, minced
$\frac{1}{4}$ lb. cheese, cubed	(or for children use raw car-
1 small onion, minced	rots grated)

The above ingredients are put together with Favorite Oil Salad Dressing. Allow to stand a time before serving. If salad bowl is rubbed with garlic the salad is improved.

Note: This salad is served with a meatless meal. Fine made a day ahead. Use fresh American cheese.

THREE CORNERED SALAD

Divide lettuce leaves in three sections. Put drained peas in one, diced cooked beets in another, diced or sliced cooked carrot (or raw, finely grated ones are better) in the third section. Each vegetable may be mixed with favorite oil dressing or a cooked dressing. Peanuts may be chopped with raw carrots in any proportion.

SPINACH SALAD

Scald 2 qts. spinach. Drain dry and chop. Pack into mold. On bed of lettuce place sliced tongue, spinach mold, mayonnaise salad dressing, yolks of hard-boiled eggs put through a sieve.

BAKED BERMUDA SALAD

Peel sweet onions and cut into halves. Put butter in center of each. Bake until soft. Cool. Cover each with boneless sardines, finely chopped boiled eggs, French Salad Dressing.

CELERY-BEET SALAD

Remove and chop the centers of tiny cooked, peeled beets. Into the shell put a mixture of the chopped centers, diced celery, apples, and nuts. Add French dressing with a little Roquefort cheese added.

STUFFED BEET SALAD

4 large beets	1 cup chopped ham or left-over
8 sweet pickles, chopped	meat
1 cup mayonnaise	1 tablespoon lemon juice or
1 head lettuce	vinegar

Use pickled beets or marinate in vinegar. Cut out center of beet, and dice. Mix pickles, onion, and meat with 4 tablespoons mayonnaise and diced beet. Fill beets with this mixture. Mix remainder of the mayonnaise with 1 tablespoon lemon juice. Place beet on a nest of lettuce, and garnish with mayonnaise prepared as directed.

ASPARAGUS, CELERY, AND CARROT SALAD (for 6)

24 asparagus tips	$\frac{3}{4}$ cup grated carrot
$\frac{3}{4}$ cup minced celery	

Place tips on lettuce leaves and sprinkle with mixed celery and carrot and a speck of salt. Serve with French dressing.

GREEN BEAN AND CELERY SALAD (for 6)

$1\frac{1}{2}$ cups cooked green beans, cut small	$1\frac{1}{2}$ cups celery, cut fine 2 tablespoons minced onion
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Mix and serve on a crisp lettuce leaf with French dressing. Garnish with radishes or tomatoes, cut in quarters.

EMBASSY SALAD

Peel and hollow out medium-sized tomatoes. Dust with salt and pepper and insert a chilled, deviled egg in each. Place on lettuce and serve with mayonnaise.

LIMA BEAN COMBINATION SALAD

On a bed of lettuce place in one section lima beans, another section asparagus, another peas, and the fourth tomatoes. In the center place mayonnaise salad dressing, to which cheese has been added, and add a bit of dressing to each vegetable.

BAKED BEAN SALAD

1 qt. can of baked beans	$\frac{1}{4}$ cup chopped olives or pickles
$\frac{1}{4}$ cup minced onions	Salt and pepper to taste
$\frac{1}{4}$ cup celery	$\frac{1}{4}$ cup French dressing
Shredded lettuce or cabbage	

WHEEL SALAD

Arrange pieces of cooked asparagus like spokes of wheel. Put mound of cooked peas in center, a ring of sliced cooked carrots around the edge of the plate, or next to the peas, and use mayonnaise around the edge of each ring of vegetables. Specks of pimienta may be used on top of the dressing and minced parsley on the carrots. Grated raw carrots mixed with chopped peanuts and dressing are better than the cooked carrots.

PEA SALAD

Mix cooked peas with an equal amount of rice or macaroni and mayonnaise dressing. Minced raw carrot or cucumber with cooked flowrets of cauliflower may be added.

ONION SALAD (California)

Lay alternate thin slices of sweet Bermuda onion and orange on lettuce. Serve with any salad dressing. The onions are best if soaked an hour or more in cold water containing 1 tablespoon each of sugar and salt.

CELERY SALAD

1 cup chopped celery	$\frac{1}{4}$ cup mild vinegar
$\frac{1}{2}$ cup cabbage	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup chopped nuts	Juice of $\frac{1}{2}$ lemon
$\frac{1}{8}$ small can pimientos	$\frac{1}{2}$ teaspoon salt

Delicious mixed with salad dressing, omitting the vinegar and sugar, or may be used with Jell-O.

QUICK LETTUCE SALAD

Into the yolk of 1 egg, well-beaten, whip 3 tablespoons double cream, and 1 scant teaspoon salt. Add 1 tablespoon lemon juice at the last moment, and keep the dressing chilled. It has the look of a very thin mayonnaise, and a most delicate and delicious flavor. Use on shredded lettuce.

JACK STRAW SALAD

Cut green pepper, canned or fresh pimento, celery, and apple in strips like matches. Heap like jack straws, and serve with dressing.

CARROT SALAD

Equal parts of sliced celery and grated raw carrots, with half as much ground peanuts, a pinch of salt, and a little bit of minced green pepper. Serve with favorite oil dressing.

VEGETABLE MARBLE SALAD

Use the ball cutter in the garnishing set, or use a mustard spoon, and cut marbles out of cooked vegetables, such as beets, potatoes, carrots. Garnish with lettuce or parsley, and serve with dressing.

FIVE SIMPLE CABBAGE SALADS

1. Sliced cabbage, shredded pineapple, a bit of pepper relish or chili sauce, mayonnaise and whipped cream.
2. Sliced cabbage, celery, onion, pimiento or green pepper, oil dressing.
3. Sliced cabbage, salted peanuts, oil dressing.
4. Sliced cabbage, cottage cheese, thousand island dressing.
5. Sliced cabbage, grated raw carrots, green pepper, dressing.

CABBAGE-WHIPPED CREAM SALAD

A half-hour before serving, cut $\frac{1}{2}$ head of cabbage very fine, and sprinkle with 2 round tablespoons sugar, 1 teaspoon salt, pepper to taste, and 2 tablespoons vinegar. When ready to serve, drain it and fold in $\frac{1}{2}$ cup whipped cream.

CABBAGE-CARROT SALAD

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| 2 cups cabbage | Pinch of salt |
| 1 cup raw carrot, finely chopped | 2 sliced bananas |
| with $\frac{1}{2}$ cup peanuts | Salad dressing |

NEW CABBAGE-CHEESE SALAD (for 12)

Chop a small head of young cabbage, crisp in cold water, drain, and dry in a soft towel, mix into it $\frac{1}{2}$ cup of grated cheese and $\frac{1}{2}$ teaspoon celery salt; combine the above mixture with 1 cup of peas or asparagus; pour over it Buttermilk Dressing, and sprinkle with 2 tablespoons chopped olives.

LUNCHEON SALAD

Shredded cabbage on lettuce. A layer of salmon mixed with a chopped pickle on top of cabbage. Hard-boiled egg may be mixed in or used as garnish. Put dressing on top and decorate with capers and a dash of paprika. Any kind of chopped cold meat may be added, also grated raw carrots.

CABBAGE SALAD WITH SOUR CREAM (for 8)

1 small head cabbage	Sugar, salt and pepper to taste
1 onion chopped fine	Yolk of 1 egg
$\frac{1}{4}$ cup prepared mustard	

Stir seasonings in a cup; fill the cup with sour cream, pour over cabbage and mix well. Then add $\frac{1}{2}$ cup vinegar.

DELICIOUS CABBAGE SALAD (for 12)

7 cups finely-shaved cabbage	2 cans grated pineapple
3 doz. marshmallows	

Soak cabbage in cold water several hours to crisp; drain well and, just before using, add pineapple and quartered marshmallows. Mix with $\frac{3}{4}$ pt. cream, whipped. Top with cherries.

EASY VEGETABLE SALAD

Prepare 1 pt. lemon Jell-O. Before it gets quite stiff add $1\frac{1}{2}$ cups shaved cabbage, slightly salted ($\frac{1}{4}$ teaspoon salt), $\frac{1}{2}$ seeded green or red sweet pepper, sliced or chopped, and $\frac{1}{2}$ cup sliced celery. Put in molds. 1 teaspoon vinegar or lemon juice may be added. It may be made the day before using. Serve on lettuce, with Premier dressing. Enough for six or eight.

STUFFED TOMATO SALAD

Peel tomatoes, chill, remove seeds and pulp, put 1 teaspoon French dressing in each, and stand in ice box until ready to serve, then fill with equal parts finely chopped celery or pineapple, and nuts. Serve on lettuce with mayonnaise. If preferred, the tomatoes may be stuffed with cabbage, shredded pepper, and chopped pickles.

TOMATO JELLY SALAD

1 pt. tomato juice strained and heated to boiling point, 2 tablespoons gelatin, soaked in $\frac{3}{4}$ cup cold water fifteen minutes. Add to gelatin, 2 teaspoons sugar, $\frac{3}{4}$ teaspoon salt. Pour hot juice over this and stir until all is dissolved. Pour into molds and allow to set. When cold, before it sets, add 1 cup celery. Serve on very crisp lettuce with cooked dressing.

TOMATO SALAD (for 6)

Peel, core, and chill 3 large tomatoes. Cut in halves crosswise. Arrange each half, with the cut, side up, in a crisp lettuce leaf. Spread with mayonnaise dressing. Top with several capers and thin strips of green pepper. Surround with seasoned, shredded cabbage, if liked.

YELLOW TOMATO SALAD

Scald, peel, and chill yellow egg tomatoes. Serve on lettuce with mayonnaise. Garnish with sliced crisp cucumber and red sweet peppers.

POINSETTIA SALAD

Cut pimientos, or red Jell-O, or jellied tomato juice in petal-shape, and arrange on lettuce in flower form, with mayonnaise and chopped egg yolk for center.

TOMATO AND CUCUMBER SALAD

Peel as many small ripe tomatoes as there are to be covers. Remove the hearts and set shells on ice to chill. Pare cucumbers (add onion if you like) and chop them coarsely; add French dressing, and fill.

TOMATO AND ASPARAGUS SALAD

On each plate serve $\frac{1}{2}$ tomato with 4 or 5 asparagus tips, then cover with cheese, put through a ricer. Serve on lettuce with oil mayonnaise.

TOMATO MOLD SALAD

1 round tablespoon gelatin	2 tablespoons sugar
$\frac{1}{2}$ cup cold water	Juice of $\frac{1}{2}$ lemon
1 cup hot water	Six small, bright red tomatoes

Soak gelatin in cold water, and dissolve in boiling water. Add sugar and lemon, and cool. Rinse 6 individual molds in water and fill them one-third full with the lemon jelly. Take small, bright red tomatoes, put a fork in the stem end, and turn over a small gas flame until the skin cracks. Peel them, put a whole

tomato in each mold, stuff the center with celery if desired, cover with more lemon jelly if necessary, fit a green pepper ring in the top. Chill. Serve with cream dressing.

TOMATO ASPIC JELLY WITH EGG

3 cups stewed tomato, fresh or canned, or part stock	$\frac{1}{4}$ green pepper pod
1 onion	1 tablespoon sugar
3 stalks celery	1 teaspoon prepared mustard
1 bay leaf	1 teaspoon salt
1 clove	$\frac{1}{2}$ box gelatin (1 envelope)
	$\frac{1}{2}$ cup cold water

Cook tomato with the seasonings, and strain over the gelatin, which has been soaked in cold water. Place $\frac{1}{2}$ boiled egg, cut-side down, in each of half dozen molds. Cover with jelly. Let cool and serve on lettuce leaves with mayonnaise.

TOMATO LUNCHEON SALAD

Peel and core tomatoes, set each on an individual arrangement of white lettuce containing a layer of thinly sliced, crisp cucumber, half fill with stiff mayonnaise, and press into each the half of a hard-cooked or stuffed egg. Garnish with radish roses, and serve for a main luncheon dish. Add a cheese ball if convenient. Serve with hot cornbread or brown bread sandwiches.

TOMATO-OLIVE SALAD

Rub a large (qt.) can of tomatoes through a strainer. Bring to boiling point and stir into 2 packages of lemon Jell-O. When cool, add a small (15 cts.) bottle stuffed olives, sliced thin, 2 cups sliced celery, and 5 diced slices of pineapple. Fine.

JELL-O OLIVE SALAD

Dissolve 1 package lemon Jell-O in 1 cup boiling water. Add 1 cup of tomato soup with which 2 tablespoons vinegar have been mixed. Salt to taste, and set away to cool. When mixture begins to thicken, stir in 12 olives and 1 cup celery, cut fine. Put into chilled, wet, individual molds and set in a cool place to stiffen. Serve on lettuce leaves.

CAULIFLOWER SALAD

Boil cauliflower in salted water until tender, then pull apart into flowerets; marinate with vinegar, olive oil, pepper and salt over night. When ready to serve, drain and arrange on lettuce; tuck between the flowerets boiled beets, cut into slices; place parsley leaf on top, and wreath base with stiff mayonnaise.

PERFECTION SALAD (for 12)

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| 1 envelope gelatin | 1 cup cabbage, finely shredded |
| $\frac{1}{2}$ cup cold water | 2 cups celery, cut in small pieces |
| $\frac{1}{2}$ cup mild vinegar | 2 pimientos, cut in small pieces, |
| 2 tablespoons lemon juice | or $\frac{1}{4}$ cup sweet red or green |
| 2 cups boiling water | peppers |
| $\frac{1}{2}$ cup sugar | 1 cup cooked peas or raw car- |
| 1 teaspoon salt | rots may be added |

Soak gelatin in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain and, when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimientos, cut in strips. A delicious accompaniment to cold sliced chicken or veal.

GELATIN—(ALMOND-CELERY) SALAD

Dissolve 1 envelope Knox Sparkling gelatin in 4 tablespoons cold water, then add 3 cups hot water, $\frac{1}{4}$ cup vinegar, $\frac{1}{2}$ cup sugar; bring to boiling point, and strain. When it is cool, but not cold, stir in 2 cups of finely chopped celery, 1 cup blanched and chopped almonds, $\frac{1}{2}$ lb. white grapes, halved and seeded, and $\frac{1}{2}$ cup stuffed olives. Pour in wet, shallow pan to get firm, cut in blocks, and serve with mayonnaise dressing.

OREGON MOCK CRAB SALAD

Run 3 parsnips through the meat-chopper, add 1 onion, cut fine, and moisten well with mayonnaise. (Cook the parsnips.)

RUSSIAN SALAD (for 2)

Take 4 tablespoons tomato catsup, 1 hard-boiled egg chopped fine, $\frac{1}{2}$ tablespoon vinegar, dash of paprika, dessertspoon chopped green and red peppers, 2 tablespoons olive oil, 1 tablespoon of a mild prepared mustard. Mix oil, vinegar, catsup, salt and mustard thoroughly. Then stir in lightly with a fork, the peppers. lastly the chopped egg, and serve on head lettuce.

CELERY-PEPPER SALAD

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| 2 cups chopped celery | 1 cup green pepper |
| $\frac{1}{2}$ cup canned pimientos | |

Mix with salad dressing, serve in nests of lettuce.

SEPTEMBER SALAD

Pare, core, and chop 2 ripe apples and 1 sweet red or green pepper. Add 1 cup diced celery, 2 tablespoons chopped onion, 2 teaspoons finely chopped parsley, and 1 cup shredded cocoanut. Mix thoroughly. Serve with French or cooked dressing in tomato shells, or on lettuce.

MACARONI SALAD

1 cup cooked macaroni	$\frac{1}{2}$ Bermuda onion (sliced
1 pimiento,	thin or minced)
1 green pepper (chopped)	$\frac{1}{2}$ cup celery
$\frac{1}{2}$ cup sliced cucumber	

Mix with favorite dressing. Use with or without lettuce.

CUCUMBER SALAD

Mix a chopped cucumber, green pepper, fresh or canned sweet red pepper, with dressing. Nuts may be added, and the mixture put in a crisp, hollowed cucumber cut lengthwise.

CUCUMBER BOAT SALAD

Peel short, thick cucumbers. Remove a small portion of the seeds. Cut the cucumber into slices, crosswise, not cutting quite through. Fill the cucumbers with a little shredded cabbage that has been chilled in ice water, and add a few sliced blanched almonds. Serve with French dressing and a few sprigs of watercress.

SPRING SALAD

Use any desired proportions of sliced crisp, unpeeled red radishes, minced celery, onion and cucumbers, with shredded cabbage or lettuce. (One quart serves 6 to 8.) Serve with any salad dressing or one of the dressings used for cold slaw.

CRISP GARDEN SALAD

Shred as much lettuce as desired. Add any desirable uncooked, crisp vegetable, such as onions, cucumbers, celery, green peppers, alone or mixed. Cover with chili sauce (catchup will answer). Then cover with a dressing.

GARDEN COMBINATION SALAD

Carrots—raw, or cooked until tender but not soft. Cabbage (shredded), sliced celery, cooked string beans, peas, beets. Combine together in the proportions you desire. Serve with an oil or French dressing.

DANDELION OR ENDIVE SALAD

Discard the green tip ends, using the bleached portions nearer the root. Remove the latter and cut the stalk crosswise in inch lengths. Wash thoroughly and drain. Cut into it thin slices of hot, boiled potato and hard-boiled eggs. Make a hot dressing of a tablespoon of sausage fryings, or 2 slices of bacon cut fine and tried out. Add to this $\frac{1}{2}$ cupful of weakened vinegar, slightly sweetened. Season, and when at the boiling point, toss over and blend with the dandelion. Serve hot. This salad is particularly fine with fried ham and boiled potatoes in their jackets. With this combination, ham fryings are used for the dressing instead of the sausage or bacon. Also see Bacon Dressing. This salad is improved by a bit of sliced celery and minced onion with a dash of salt.

POTATO SALAD, No. 1

Mix 2 tablespoons sugar, 2 tablespoons flour, 1 teaspoon dry mustard, 1 teaspoon salt; add 1 teaspoon butter, dash of pepper, $\frac{1}{3}$ cup vinegar, $\frac{1}{2}$ cup water.

Stir and cook till thick, and add to 2 beaten eggs. Cool and add an equal amount of cream. Mix carefully with about 3 cups diced, cold potatoes that have been boiled in salt water. Add onion, chopped sweet pepper, crisp sliced cucumber (or dill pickle), and celery seed, if liked. A dash of paprika, a bit of parsley, and hard-boiled eggs sliced on top.

POTATO SALAD, No. 2 (Uncooked Dressing)

12 large potatoes	2 raw eggs
$\frac{1}{2}$ cup vinegar	1 teaspoon pepper sauce
3 tablespoons sugar	1 cup thick sour cream
1 teaspoon salt	1 teaspoon mustard
2 teaspoons celery salt	1 teaspoon Worcestershire
$\frac{1}{2}$ cup salad oil	sauce
2 hard-boiled eggs	

Boil potatoes in their jackets in salted water, peel, dice, and mix with mayonnaise, made as follows: Beat raw eggs with dover beater, gradually add the oil, drop by drop at first, beating constantly. Then add all the other ingredients named, except the cooked eggs, mixing thoroughly. Pour over the diced potatoes and, before serving, decorate with the hard-boiled eggs.

GERMAN POTATO SALAD (Wisconsin)

Boil potatoes with jackets on. Peel and slice with onion, using 1 large or medium onion to 1 qt. of diced hot potatoes. Cover with hot water a few minutes. Drain and save the water.

Season potatoes and onions with salt and a bit of sugar. Pepper if liked. Fry $\frac{1}{4}$ lb. thin pieces of bacon till crisp. Add 2 table-spoons or more vinegar, and enough of the water to moisten the potatoes, add them to the bacon and leave stand in warm place till served.

OLIVE-POTATO SALAD

To 2 cups cubed boiled potatoes, add 1 grated onion, 8 sliced, green olives, 1 teaspoon capers, and 1 pickled beet. Serve in lettuce cups with boiled or French dressing.

OLIVE-PECAN SALAD

	$\frac{1}{4}$ lb. cut pecans	
1 small bottle olives (chopped)		French dressing
1 cup diced celery or seasoned cottage cheese		Paprika
		Parsley

CHEESE SALADS

PRUNE SALAD

Fill cooked, seeded prunes with cream cheese, or seasoned cottage cheese, or nut meats. Put 3 or 4 prunes on lettuce leaf, top with dressing and garnish with nuts, cheese, and pineapple.

CHEESE-OLIVE SALAD

Cottage cheese on lettuce with chopped olives and dressing.

LETTUCE ROLLS (for 6) (North Carolina)

Season 1 cup cottage cheese or 2 Neufchâtel with salt and a speck of papper. Mix with $\frac{1}{2}$ cup raisins and $\frac{1}{2}$ cup chopped nuts and dressing. Spread a leaf of lettuce with the mixture. Roll like jelly-roll and tie with long-stemmed nasturtium or use a strip of pimienta. Put 2 rolls on a bed of lettuce. Use dressing if desired.

BIRD'S NEST SALAD (Washington, D. C.)

Into a nest made of shredded lettuce, put small eggs made of softened cream cheese mixed with pepper or paprika. Serve with a dressing. Grated pineapple may be mixed with the cheese.

Equal parts of seasoned cottage cheese, nuts and celery may be used. Various kinds and colors of cherries may be placed in the nest. Also a mixture of chopped celery and peanut butter, rolled into balls.

SLICED CHEESE SALAD

Moisten a Neufchatel cheese or cottage cheese with cream. Season with salt and white pepper or a speck of cayenne. Add chopped olives, and pimientos or stuffed olives. Press into roll, or fill green peppers with the mixture. Let stand 2 hours. Cut in slices and serve on lettuce with your favorite dressing—French, if liked. A few nuts and a dash of paprika as a garnish. This recipe makes good sandwiches also.

SHAMROCK SALAD (for 6 or 8)

2 green peppers	1 tablespoon cream
1 cup cottage cheese	a dash of cayenne pepper
1 tablespoon evaporated milk	2 tablespoons chopped nuts
Salt	

Cut off stem end of pepper, remove seeds, and soak in cold water for at least ten minutes. Combine cheese, milk, cream and nuts, and season with salt and pepper. Pack peppers tightly with cheese mixture. Stand in refrigerator until ready to serve. Slice across thinly, and lay 3 or 4 slices (according to size of pepper) on a bed of watercress in such a fashion as to resemble a shamrock. Make a stem out of a slice of green pepper. Serve with creamy salad dressing:

1 cup boiled or mayonnaise dressing	$\frac{1}{3}$ cup evaporated milk
	$\frac{1}{3}$ cup cream
1 tablespoon sugar	

Combine evaporated milk and cream, chill and whip. Add sugar and then fold into the salad dressing.

NEUFCHATEL SALAD (for 4)

Moisten a Neufchatel cheese with enough cream to mold into four balls. Put 4 slices of pineapple on lettuce and lay a ball in center of each. Lay a cherry on top of each ball and pour cream salad dressing, or Premier dressing mixed with whipped cream, over the top.

CHEESE BALL SALAD

Mash 2 packages cream cheese (add cream if necessary), and season with $\frac{1}{2}$ teaspoon salt and paprika; add 10 large olives, chopped. Roll into small balls. Flatten sides a bit and place walnut halves opposite each other on each ball. Serve on lettuce.

MARBLE SALAD

Add cream enough to Neufchatel cheese to mold. Add chopped nuts to part of it and leave the rest white. Pimiento cheese may be used also. Roll cheese in palm to make little balls. Add white cherries, red or green maraschino cherries, and serve with dressing. Black cherries, and a mixture of peanut butter and crushed pineapple add variety and flavor.

WALNUT CHEESE SALAD

Make a paste of $\frac{1}{2}$ lb. cream cheese by adding milk or cream; mold into shape of egg with a whole English walnut in center of each. Cut lettuce in strips, make in shape of bird's nest, place the eggs in the nests, and pour mayonnaise over them.

CREAM CHEESE AND GREEN PEPPER SALAD

Mash a cream cheese with silver fork, and mix with it 1 small green, seeded pepper, finely chopped, add a few drops of onion juice. Shape in small balls and serve on lettuce leaves with thick mayonnaise dressing.

NEW YORK CHEESE SALAD

1 can tomato soup	1 cup mayonnaise
3 Philadelphia cream cheeses	$1\frac{1}{2}$ cups chopped celery,
2 tablespoons gelatin	green pepper and
$\frac{1}{2}$ cup cold water	onion

Bring the tomato soup to boiling point and add the cream cheeses. Stir until smooth, then add the gelatin, which has been softened in the cold water. When the mixture is partly cool, add the mayonnaise and the chopped vegetables. Olives and nuts may be used also.

Chill in one large mold or several small ones, and serve in slices or in individual molds on lettuce, garnished with olives and mayonnaise.

COTTAGE CHEESE SALAD

3 cups cottage cheese	$\frac{1}{2}$ green pepper
$\frac{1}{4}$ cup French dressing	6 stuffed olives
1 teaspoon minced onion	2 sweet pickles

Chop the pepper, pickles, and olives rather fine. Mix the cheese with the French dressing and add enough paprika to make slightly pink. Mix with the minced onion, pickles, pepper, olives, and press into a mold and chill thoroughly. Unmold and serve garnished with any salad green.

DATE-NUT SALAD

Wash lettuce, and put 2 or 3 leaves on a salad plate. On lettuce arrange 3 dates, washed, stoned and cut in pieces, 3 cream cheese balls, and 6 nut meats, broken in pieces. Cover with a spoonful of mayonnaise dressing.

CHEESE-VEGETABLE SALAD

1 cream cheese	$\frac{1}{4}$ cup olives
1 cup cooked peas	1 teaspoon salt
$\frac{1}{2}$ cup cooked beets	$\frac{1}{8}$ teaspoon pepper (scant)
1 cup nuts	

Mash the cheese, add the salt and pepper, and other ingredients, except nuts. Form into a roll for slicing or into small individual rolls, and chill for several hours. Place on lettuce leaves, sprinkle with chopped nuts, and add a bit of dressing.

EGG SALADS**EGG-BEET SALAD**

Mix diced or fancy cut, cooked beets with a mild salad dressing. Chill for about one hour. Add sliced or chopped boiled eggs and dressing.

GINGER ALE SALAD

4 hard-boiled eggs	
2 tablespoons chopped pimiento	1 tablespoon gelatin
1 cup green olives, stoned and halved	1 cup celery
	1 cup ginger ale

Soak gelatin in $\frac{1}{4}$ cup cold water, and dissolve in $\frac{1}{2}$ cup boiling water. When cool add ginger ale and other ingredients. Pour into molds. Place in ice box and let stand one hour. Serve with iced chili sauce dressing, or plain mayonnaise.

PRIZE JELL-O SALAD (EGG AND PEPPERS)

Dissolve 1 pkg. of cherry or strawberry Jell-O in 1 pt. boiling water. Cut off end of 3 sweet green peppers and slip into each pepper 1 hard-boiled egg. Fill in around the egg with the Jell-O (cooled) and place on ice to harden. Cut in slices with a sharp knife. Serve on a lettuce leaf, with a red cross cut from pimiento placed on center. Toothpicks will hold the egg in place till set.

POND LILY SALAD

On separate salad plates arrange lettuce leaves. Boil eggs hard, $1\frac{1}{2}$ for each person. Cut whites in long strips, placing these

like petals in center of lettuce. Then chop yolks fine, adding finely chopped celery, parsley, and olives. Mix well with mayonnaise dressing, season with salt and pepper and place in middle of dish.

HEAD LETTUCE SALAD

½ cup Premier salad dressing	1 teaspoon lemon juice
2 tablespoons chili sauce	or vinegar
Pinch of salt, sugar, pepper and paprika	1 hard-boiled egg, diced with fork

Mix all together and serve on head lettuce. If desired, add sliced stuffed olives or minced celery, onion and pickles.

DAISY SALAD

Mix yolks of hard-boiled eggs with mayonnaise, sardines, or use deviled-egg recipe. Cut the whites in strips and arrange as petals, with flattened balls or crumbs of the yolk mixture in the centers. Serve with a ring of mayonnaise around edge of the lettuce on the plate. Sprigs of parsley may be added to carry out the foliage of the daisies.

MEAT SALADS

SUBSTANTIAL EGG-VEGETABLE-MEAT SALAD (for 10 or 12)

3 hard-boiled eggs	2 cups diced cooked potatoes
1 cup sliced cooked carrots	3 small pickles
3 cups chopped cold meat	1 cup celery cubes

Mix the cooked meat with mayonnaise enough to mold. Pack and chill. Let the celery stand in cold water to which a little lemon juice has been added. Unmold meat on lettuce. Mix potatoes and carrots with salad dressing, arrange them around the meat in a circle, follow with a circle of celery. Slice or rice the yolk and white of eggs, and add to salad dressing and garnish with slices of pickles.

POTTED HAM SALAD

2 hard-boiled eggs	2 sour pickles.
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Chop together and add small can potted ham. Mix with mayonnaise. Serve on lettuce with a bit of the dressing on top garnished with parsley and slices of stuffed olives.

HAM SALAD

1 small can pimientos
4 sour pickles

3 onions
2 hard-boiled eggs

$\frac{1}{2}$ lb. boiled ham

Chop or slice and mix with mayonnaise. Also makes delicious sandwiches.

MOCK CHICKEN SALAD

Cut veal in small pieces. To 1 pt. of veal add $\frac{1}{2}$ pt. celery, chopped fine. Add $\frac{1}{2}$ pt. mayonnaise dressing, and serve on lettuce leaves. Garnish with pimiento.

PEA AND VEAL SALAD

Dissolve 1 tablespoon gelatin in 2 tablespoons cold water, and stir into it 1 cup stock, seasoned to taste, and heated to the boiling point. When it begins to thicken stir in 3 tablespoons mayonnaise dressing. Add $\frac{3}{4}$ cup chopped veal, and $\frac{3}{4}$ cup peas. Pour a layer of the jelly into a wet mold, add a thin layer of veal and peas, and pour over some more of the jelly.

VEAL SALAD (for 10)

1 lb. veal cooked in salted water and chopped. Measure equal amounts of chopped veal and shaved cabbage. 2 small bunches celery, $\frac{1}{8}$ lb. almonds (chopped).

Dressing: 2 beaten eggs, 4 tablespoons sugar, 1 teaspoon prepared mustard, $\frac{1}{3}$ teaspoon salt, pinch of pepper. Beat together, and stir in $\frac{1}{2}$ cup boiling, weak vinegar. Cool and add to salad just before serving.

CHICKEN SALAD

$1\frac{1}{2}$ cups cold canned or cooked chicken, chopped very fine, 2 tablespoons chopped English walnuts, salt, pepper and paprika to taste, a tiny dash of mace, 1 tablespoon gelatin and 1 cup heavy cream. Dissolve the gelatin in $\frac{1}{2}$ cup of cold water, placing it over hot water till thoroughly melted. Whip the cream stiff, and mix the ingredients all together, folding in the whipped cream last. Arrange in a wet mold, and chill three or four hours. Turn out and decorate with bits of pimiento cut in stars.

CHICKEN-PINEAPPLE SALAD

(6 servings)

Soak $\frac{1}{2}$ envelope or 1 tablespoon of gelatin in $\frac{1}{4}$ cup cold water five minutes, dissolve in 1 cup boiling water and add $\frac{1}{2}$ cup canned pineapple juice and 1 tablespoon lemon juice, $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ teaspoon salt. When it begins to thicken, add 1 cup cold chopped chicken or veal, $\frac{1}{2}$ cup chopped celery, $\frac{1}{2}$ chopped pimiento, and $\frac{1}{2}$ cup canned pineapple cubes. Turn into wet mold; when firm, unmold and serve with mayonnaise.

CHICKEN ASPIC SALAD

Flaked seasoned chicken in aspic jelly, surrounded by cole slaw, and garnished with stuffed olives. Celery may be added, and small pickles, if liked.

ASPIC JELLY SALAD

Veal, pig's feet, and 1 year old chicken (including the feet) make the best jelly, but any kind of broth will jell if 1 tablespoon gelatin is added to each pint.

For clear veal aspic jelly and pressed veal, select a shank of veal weighing from 3½ to 5 lbs., which has some meat left on it. Have the butcher cut it in several pieces, but do not trim off a bit of the gristle or bone. Wipe the meat and put it in a stewing kettle. Cover with cold water, allowing a pint for each pound of the shank. Add for seasoning ¼ to ½ cup each of diced onion, carrot and celery, with a few extra celery leaves chopped, a sprig or two of parsley, a bay leaf, 4 cloves, 2 teaspoons of salt, and ¼ teaspoon of pepper. Let come to a boil and then cook gently until the meat is so tender that it will drop from the bones, which will require about three hours. Remove the meat, separate it from the bones and put it into a loaf mold for pressed veal. Cool under a weight. To clear the aspic, strain it through a fine sieve and set aside to cool, then put it into the refrigerator to chill so that the fat will have a chance to harden on the top and may be lifted off. Melt the jellied broth without boiling it, and add to each quart the slightly beaten whites of 2 eggs, together with the crushed shells. Stir over a very low fire constantly until the mixture boils, and cook three minutes, then set aside to settle before straining through double cheesecloth. This clarifies the jelly so that the garnishes used will show through. As the clarifying removes some of the seasoning, add a little more salt and a dash of cayenne pepper. Wet the mold with cold water and pour in ¼ inch of clear aspic. Set in the coolest part of the refrigerator to hasten the process. When set, arrange on this layer of jelly some sort of garnish. This may consist of slices of hard-cooked egg evenly arranged, and a star of pimiento or a slice cut from a stuffed olive may be placed in the center of each egg slice; or strips of pimiento laid between the egg slices. Then pour on just enough of the liquid to float the bits but not enough to throw them out of place. Return to the refrigerator and also place the bowl of aspic there. Just as soon as the garnish layer is set, add layers of meat intermingled with bits of olive, pimiento, green pepper, mushroom or green peas, as desired. Cover each layer with the jellying liquid and chill before adding the next until the mold is about half full, when the whole will be cool enough so that the layers can be finished without chilling each time. Put into the refrigerator until thoroughly firm.

TUNA SALADS

3. Equal parts tuna and celery, twice as much cooked rice, several hard-boiled eggs (yolks riced and whites chopped and sprinkled on top). Salad dressing mixed in and on top.

Pare and slice very thinly 3 cucumbers. Open a large can of shrimp, remove the intestine and halve each shrimp lengthwise. Add 1 cup of chopped celery. Mince 1 red pepper, grate 1 good-sized onion, and add both to a heavy mayonnaise. Toss all together lightly, serve on dark green lettuce leaves and garnish with hard-boiled egg, cut in fancy shapes.

SALMON SALAD

Drain 1 small can of salmon and pick out the bones and skin. To the salmon add $\frac{1}{2}$ cup broken walnut meats, 1 cup celery, cut fine, and 2 sweet pickles, chopped. Mix with boiled salad dressing. One cup grated raw carrot adds quantity without flavor.

CRAB MEAT SALAD

Canned crab meat (or salmon) or lobster may be mixed with shaved cabbage and chili sauce and served in green pepper cups. Or it may be mixed with chopped cucumber and tomato and served in tomato cups. Serve with mayonnaise and garnish with strips of peppers.

Salad Dressings

Note: Beat cooked salad dressings constantly, use low heat and do not cook too long or they may curdle. If oil dressing separates, add pinch of soda and beat. For weak vinegar use water flavored with vinegar. Salad dressings may be thinned with cream or milk, or thin white sauce. See Salad Garnishes.

VARIATIONS FOR SALAD DRESSINGS

1. A French dressing served with fruit may have 2 tablespoons orange juice and a bit of finely minced or grated celery added.

2. Italians give French dressing a delicate flavor of garlic by rubbing the inside of the mixing bowl with a clove of garlic. Minced onion and green pepper also appear with a vegetable salad.

3. Tomato catsup, chopped pickles, and onion give a decided flavor to French dressing; 2 teaspoons horseradish are often added.

4. Add color and flavor by adding whipped cream and tart currant, grape, or cranberry jelly for fruit salads.

5. Add 2 tablespoons tomato catsup, 1 tablespoon chives, and 1 tablespoon green pepper.

6. Chopped beet pickle and pepper relish added to any salad dressing is excellent on head lettuce. Any leftover relishes may be used.

7. Chopped drained cucumbers, parsley, chopped olives or pickles.

8. Equal parts of whipping cream, mayonnaise, and cream cheese makes a delicious dressing for hearts of lettuce. Top with chopped pimientos or slices of stuffed olives.

ONE EGG SALAD DRESSING

Mix 1 heaping tablespoon flour, 1 teaspoon dry mustard, 3 tablespoons sugar, 1 teaspoon salt (scant); add 1 beaten egg, then $\frac{1}{3}$ cup weak vinegar or 4 tablespoons lemon juice, and $\frac{1}{2}$ cup water.

Cook till thick, add 2 tablespoons butter and cool, stirring occasionally. Thin with cream. For variety see Salad Variations.

TWO EGG CREAM SALAD DRESSING

2 egg yolks

$\frac{1}{4}$ cup vinegar

2 tablespoons butter

1 teaspoon salt

1 teaspoon sugar

$\frac{1}{2}$ teaspoon mustard

$\frac{1}{4}$ teaspoon paprika

$\frac{1}{4}$ cup whipping cream

Cream the butter with seasonings. Heat vinegar. Pour vinegar slowly over slightly beaten eggs, and cook over slow flame until the mixture thickens. Add it to the creamed butter, beat well and chill. When ready to serve, fold in the whipped cream.

THREE EGG CREAM SALAD DRESSING

- | | |
|-------------------------|-----------------------------|
| 1 tablespoon sugar | 1 teaspoon dry mustard |
| 1 tablespoon flour | Speck of pepper and paprika |
| 1 teaspoon salt (scant) | 2 or 3 beaten egg yolks |

Mix and add $\frac{1}{3}$ cup weak vinegar or use 1 lemon or part lemon juice (or liquor from peach pickle). Cook till thick. Cool and add cream, either sweet, sour, or whipped.

FRUIT SALAD DRESSING

- | | |
|-----------------------|---|
| Yolks of 4 eggs | 2 tablespoons melted butter |
| 2 tablespoons water | $\frac{1}{2}$ teaspoon prepared mustard |
| 2 tablespoons vinegar | 1 teaspoon sugar |
| | $\frac{1}{4}$ teaspoon salt |

Beat yolks, heat vinegar and pour while hot on the beaten yolks. Put back on stove, stir and cook slowly for a minute or two. When thick put in butter and other seasonings. Cool. Thin with cream before using. (Use egg whites for white cake.)

(COOKED) DRESSING WITHOUT EGGS

Cook 2 tablespoons butter, 3 tablespoons prepared mustard, 2 tablespoons sugar, 2 heaping tablespoons flour, 1 cup water, $\frac{1}{2}$ cup vinegar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon white pepper. When thick, stir in slowly 1 small can condensed milk or cream.

EXCELLENT PINEAPPLE DRESSING (for 6)

Beat 2 eggs and add $\frac{1}{3}$ cup sugar, pinch of salt, juice of 1 lemon, 1 tablespoon flour, $\frac{1}{3}$ cup water, juice from 1 can pineapple. ($\frac{1}{2}$ to 1 cup pineapple juice.) Mix and cook in double boiler, then add 1 tablespoon butter. Use on fruit salads.

SPECIAL SALAD DRESSING

- | | |
|------------------|--|
| Yolks of 2 eggs | Juice of 2 lemons |
| 1 teaspoon sugar | $\frac{1}{2}$ cup maple syrup or honey |
| 1 teaspoon flour | $\frac{1}{2}$ cup hot water |
| | $\frac{1}{2}$ cup whipping cream |

Beat yolks of eggs with sugar, add flour and mix until smooth. Add maple syrup, hot water and lemon juice. Cook until it thickens. Cool and add whipped cream just before serving. Use on fruit.

OIL MAYONNAISE DRESSING

2 egg yolks or 1 whole egg	1 teaspoon salt
$1\frac{1}{2}$ or 2 tablespoons lemon juice or vinegar	$\frac{1}{8}$ teaspoon pepper
	About $1\frac{1}{2}$ cups oil

Place eggs, bowl and oil where they may be thoroughly chilled, or be sure they are about the same temperature; beat egg slightly with egg-beater in bowl, slowly add 1 teaspoon oil at a time until it begins to thicken, continuing to add oil until the mixture is as thick as you wish it. Mix the vinegar, salt, and pepper, and add to the dressing. If this thins it too much add more oil. Add a pinch of soda if it separates.

FAVORITE OIL DRESSING WITH ONE EGG

Have bowl and ingredients cold. Mix 1 beaten yolk, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 1 tablespoon powdered sugar, 2 tablespoons lemon juice or vinegar, and beat well. Slowly add $\frac{1}{2}$ cup olive oil, about 1 teaspoon at a time. Fine for vegetable salad; add whipped cream for fruit.

INDIVIDUAL FRENCH DRESSING (Without Egg)

Put 2 tablespoons oil, $\frac{1}{4}$ teaspoon salt, and speck of pepper in a bowl, stir until salt is dissolved; add 1 tablespoon vinegar drop by drop, stirring constantly. It should be like cream and of a grayish color; if it separates, stir hard. Onion may be added and lemon juice used instead of vinegar.

QUICK OIL DRESSING (Mock Marzetti)

$\frac{1}{2}$ teaspoon paprika	$\frac{1}{4}$ cup vinegar
1 teaspoon salt	$\frac{1}{2}$ lemon (juice)
$\frac{1}{3}$ cup sugar	1 small onion left in
$\frac{1}{2}$ cup oil	dressing over night, then
$\frac{1}{3}$ cup catsup	removed

Put all together in a glass jar with a tight lid, and shake thoroughly before using. May be kept indefinitely in a cool place.

(1 pt.) THOUSAND ISLAND DRESSING (for 8 or 10)

$\frac{1}{2}$ cup chili sauce	1 green pepper, chopped fine
1 small bottle Premier, or 1 cup any other salad dressing	1 small onion, chopped fine
	1 hard-boiled egg, chopped fine

Celery may be added, but chop it fine. Olives also may be chopped and added. Will serve 10 medium servings on head lettuce. (Two or 3 eggs may be used, and pepper and onion omitted.)

(1 qt.) THOUSAND ISLAND DRESSING (for 20)

1 egg	$\frac{3}{4}$ cup chili sauce
1 can Wesson Oil, or $1\frac{1}{2}$ cup olive oil	$\frac{1}{2}$ cup chopped celery
1 tablespoon vinegar or lemon juice (more if liked)	2 tablespoons chopped sweet pepper
1 tablespoon sugar	1 or 2 chopped hard-boiled eggs
$\frac{1}{2}$ teaspoon salt (more, if needed)	1 tablespoon chopped onion or olives
1 tablespoon chopped sour pickle	

Beat the egg, add several drops of oil, beat well, then by teaspoons, add oil till $\frac{1}{2}$ cup is gradually beaten in. Then the oil can be added more rapidly. When the oil is all used the dressing should be thick. Add the other ingredients slowly, so the temperature of the mixture is not changed suddenly, or it may separate, then it will be necessary to beat another egg and start over, using the separated oil gradually, or beat into the mixture, pinches of soda till the oil blends again.

SOUR CREAM THOUSAND ISLAND DRESSING

An uncooked sour cream dressing for crisp shredded cabbage, romaine or head lettuce:

Whip 1 cup sour cream until stiff. Add 1 teaspoon salt, 2 tablespoons lemon juice, a generous dash of paprika, few drops of tabasco sauce, a teaspoon of sugar and 2 tablespoons finely chopped, green pepper. Beat well and add a tablespoon chili sauce and 1 or 2 finely chopped, hard-boiled eggs. Chill before using. Garnish with sliced stuffed olives.

HOT MILK DRESSING

Mix 1 slightly-beaten egg, 1 tablespoon corn starch, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon prepared mustard, a dash of red pepper, or pinch of paprika. Stir the mixture into 1 cup hot milk, and add 1 tablespoon vinegar or lemon juice, 1 tablespoon melted butter, and a few grains of salt. Beat and cook a moment.

MOCK WHIPPED CREAM DRESSING

For the dressing melt $\frac{1}{2}$ cup butter in a saucepan and add gradually 2 tablespoons flour. When blended, slowly add 1 cup *hot milk*. Cook, stirring constantly. Beat 3 egg yolks, and add to them $\frac{1}{2}$ teaspoon dry mustard dissolved in a tablespoon vinegar. Add a half teaspoon salt and a quarter cup vinegar. Pour gradually on the egg mixture and cook until thickened like a soft custard. Remove from the fire, and fold in the stiffly beaten whites of the eggs and $\frac{1}{4}$ cup sugar. Pour into a glass fruit jar, cool, cover and keep on ice to use as needed.

(1 qt.) DETROIT PRIZE ECONOMY MAYONNAISE

Combine in order given:

2 beaten egg yolks	2 tablespoons lemon juice
1 teaspoon dry mustard	1 cup oil (added very slowly—
1 teaspoon salt	only 1 teaspoon at first)
1 or 2 tablespoons vinegar	

Melt a lump of butter the size of a walnut; add $\frac{1}{3}$ cup flour. When bubbling and well blended, add 1 cup hot water. Boil, and stir till smooth (about three minutes), then gradually add the hot sauce to the cold oil mixture and beat well. Add sugar to suit taste. This is an excellent and **economical** dressing for any kind of salad.

MINERAL OIL MAYONNAISE

Sift $\frac{3}{4}$ teaspoon mustard, $\frac{1}{2}$ teaspoon sugar, $\frac{1}{2}$ teaspoon salt, few grains cayenne into a bowl; add 1 egg yolk, mix well and add 1 tablespoon vinegar, stirring constantly. Measure $\frac{3}{4}$ cup mineral oil and add 3 teaspoons of it a drop at a time, beating constantly. Then, while beating, add mineral oil, 1 teaspoon at a time till mixture begins to thicken. When very thick, add 1 tablespoon lemon juice, and add remaining oil rapidly. This is the best dressing for those who are over-weight.

(UNCOOKED) CREAM CHEESE DRESSING

Put a fresh cream cheese into a bowl and work sifted sugar (about $\frac{1}{4}$ the amount of cheese) into it with a wooden spoon, adding only a little at a time. Add a drop or two of almond flavoring, and enough milk or cream to make it the consistency of whipped cream. Use on any ripe fruits. Keeps several days.

(UNCOOKED) SUBSTITUTE SALAD DRESSING

Mash the yolk of a hard-boiled egg with 6 tablespoons melted butter, and pour over it $\frac{1}{2}$ cup whipping cream; add 2 teaspoons vinegar or lemon juice, a speck of pepper, and 1 tablespoon sugar; whip until stiff and serve in place of mayonnaise. For some vegetable salads omit sugar and add $\frac{1}{2}$ teaspoon salt.

SLAW DRESSING

Boil together $\frac{1}{2}$ cup weak vinegar, 2 tablespoons sugar, and 1 tablespoon butter. Add it to 1 egg and $\frac{1}{2}$ cup milk beaten together and boil till thickened.

(1 qt.) LEMON CREAM DRESSING

Cream 1 cup butter with 1 tablespoon sugar. Add 4 slightly beaten egg yolks and a bit of mustard, if liked. Alternately, add a little at a time— $\frac{1}{2}$ cup lemon juice and $\frac{1}{2}$ cup olive oil.

(UNCOOKED) LEMON DRESSING

2 tablespoons cream beaten with 2 tablespoons olive oil and 1 teaspoon salt till thick. Then stir in gently the juice of 1 lemon. Keep it cold. Use on lettuce and garnish top with chopped parsley.

(COOKED) LEMON WHIPPED CREAM DRESSING

Beat 2 eggs light, gradually add juice of 1 large lemon, 2 tablespoons sugar, 1 tablespoon butter. Cook over hot water. Cool and add 1 cup whipped cream.

HONEY SALAD DRESSING (for 2)

3 tablespoons salad oil	1 tablespoon lemon juice
2 tablespoons honey	$\frac{1}{8}$ teaspoon salt

Beat till well blended and use at once on fruit salad.

NORMANDY SALAD DRESSING

Beat 4 tablespoons cream with $\frac{3}{4}$ teaspoon salt. Turn the lettuce in it till coated.

ROQUEFORT SALAD DRESSING

Cream $\frac{1}{4}$ cup Roquefort cheese, gradually add $\frac{1}{4}$ cup olive oil, then add a dash of paprika, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and, lastly, 2 tablespoons vinegar.

PEANUT BUTTER DRESSING

Cream 1 tablespoon or more peanut butter with $\frac{1}{2}$ cup of any favorite salad dressing recipe, instead of using chopped nuts. Use at once. (A sharp dressing may be weakened with cream and sugar, and then thickened with peanut butter.)

SOUR CREAM DRESSING

1 cup sour cream	$\frac{1}{2}$ teaspoon salt
1 egg	1 teaspoon sugar
1 teaspoon vinegar	$\frac{1}{4}$ teaspoon mustard
	$\frac{1}{8}$ teaspoon pepper

Mix dry ingredients, combine with the egg, slightly beaten, add cream slowly and cook in double boiler until like custard; when cool add vinegar.

(UNCOOKED) SOUR CREAM CHILI DRESSING

1 $\frac{1}{4}$ teaspoons salt	$\frac{1}{4}$ cup salad oil
$\frac{1}{3}$ teaspoon pepper	2 tablespoons vinegar
Few grains cayenne	$\frac{1}{4}$ cup chili sauce
$\frac{1}{3}$ cup sour cream, beaten stiff	

Put ingredients in small jar, and shake thoroughly just before using.

(3 cups) CARNATION MAYONNAISE

4 tablespoons flour	1 teaspoon dry mustard
1 tablespoon sugar	1 teaspoon salt

Paprika

Mix these ingredients. Add gradually $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup cider vinegar, $\frac{3}{4}$ cup water. Stir till smooth. Cook over slow fire till thick, stirring constantly. Remove from fire; beat into mixture 1 slightly beaten egg, $\frac{2}{3}$ cup Carnation milk, $\frac{3}{4}$ cup salad oil. Add milk and oil slowly and beat very smooth. It will keep indefinitely.

(1 qt.) BORDEN'S SALAD DRESSING

Mix $\frac{1}{2}$ cup sugar with 1 heaping tablespoon flour; add 1 cup water, 1 cup very weak vinegar, about $\frac{1}{2}$ teaspoon salt, dash of pepper, 1 heaping tablespoon butter, and 2 well beaten eggs. Mix well and cook till thickened. Cool and add 2 tablespoons prepared mustard, and 1 can Borden's milk that has been well chilled and whipped.

(UNCOOKED) EAGLE BRAND DRESSING

3 eggs, well beaten	$\frac{1}{3}$ teaspoon salt
$\frac{1}{2}$ teaspoon prepared mustard	$\frac{2}{3}$ cup melted butter
1 cup weak vinegar	1 can Eagle brand milk

Cream all, except vinegar, together until very light. Vinegar should be added last, a small amount at a time, beating all the time. This dressing is not to be cooked and is very good. (1 qt.)

(1 qt.) EAGLE BRAND DRESSING

1 large can Eagle brand milk 1 cup melted butter (scant)

Heat separately, using double boiler for the milk, and keep hot, stirring till butter starts to brown. Remove butter from fire and add hot milk and butter alternately and slowly to 2 eggs (beaten well). Mix $\frac{1}{8}$ teaspoon dry mustard to a paste with a little vinegar, then add $\frac{1}{2}$ cup vinegar and $\frac{1}{2}$ cup water. Add this to egg mixture and cool. Cream or chili sauce may be added.

ST. FRANCIS DRESSING

Chop 1 hard-boiled egg, add 3 tablespoons chopped celery, 2 tablespoons minced green pepper, $\frac{1}{2}$ cup chili sauce, 2 tablespoons oil, $\frac{3}{4}$ cup mayonnaise, and 1 tablespoon white vinegar. Season with salt, pepper, and cayenne.

FRUIT JUICE DRESSING

Juice of 1 lemon	$\frac{1}{2}$ cup sugar
Juice of 1 orange	1 beaten egg

Mix, cook and cool. Thin with whipped cream.

(UNCOOKED) RITZ DRESSING

Whip 1 cup cream, add 1 tablespoon powdered sugar and 2 teaspoons each of orange, lemon, and pineapple juice, 1 teaspoon juice from maraschino cherries with 5 chopped cherries.

BACON DRESSING

Dice and fry 4 or 5 slices of bacon. Drain bacon on paper. Leave 4 tablespoons of the fat in the pan. In a cup, beat 1 egg-yolk (2 make it better) and add enough vinegar to fill it $\frac{1}{4}$ full, then add hot water to fill the cup. Stir rapidly while pouring the hot mixture into the hot fat. Heat till the mixture starts to boil, and remove from fire at once so it does not curdle. Stir in $\frac{1}{2}$ teaspoon salt (if needed), a pinch of pepper, and the crisp bacon. Serve hot.

Delicious on tender, crisp dandelion, endive or lettuce, and served with hot mashed potatoes and steak. A minced onion or stick of celery adds flavor if mixed with the greens; sliced hard boiled egg may be added.

RUSSIAN DRESSING

To 2 cups of thick, highly seasoned mayonnaise dressing, add 2 tablespoons chili sauce, 2 tablespoons catsup, 1 chopped onion, 1 chopped pepper, 6 chopped olives. $\frac{1}{4}$ cup canned pimiento added to 1 cup mayonnaise also gives Russian flavor.

(UNCOOKED) BUTTERMILK DRESSING

	1 cup fresh buttermilk
1 teaspoon salt	$\frac{1}{2}$ teaspoon paprika
1 teaspoon brown sugar	2 tablespoons vinegar or
1 teaspoon prepared mustard	lemon juice

Mix and whip until light. Serve on shredded cabbage.

Extra Recipes

Extra Recipes

Yeast Breads, Rolls, Coffee Cake, Etc.

Note: Use bread flour for *yeast* breads, rolls, etc. It is made from spring wheat, is slightly granular and does not hold its shape when pressed in the hand. (Pastry flour holds its shape and has an oily feeling.) Large holes in bread may be caused by too much heat during rising, or too low heat during first part of baking. Gray or streaked bread shows inferior flour or poor mixing, or darkened potato water.

WHITE BREAD (4 small loaves)

1 qt. liquid	1 tablespoon salt
1 or 2 cakes compressed yeast	2 tablespoons sugar
	2 tablespoons shortening
3 qts. bread flour	

Use either lukewarm water, milk, potato water (with or without a mashed potato), or a mixture to make 1 qt. liquid. Potato makes moist bread. Milk adds nourishment and flavor. The milk should be *scalded* and cooled, to prevent sour tasting bread. Two cups scalded milk may be cooled with 2 cups cold water or potato water. For the **slow method**, start sponge or stiff dough in the evening. Soften 1 cake compressed yeast in 2 tablespoons warm water and add the qt. of lukewarm liquid. Add 1 tablespoon salt, 2 tablespoons sugar, 2 tablespoons butter or lard melted. Enough flour may be added for a **thin** batter and the mixture left to rise an hour or more, then mixed stiff and left to rise until double in bulk, or it may be mixed stiff at once, using about 3 qts. flour. The amount varies according to kind of flour used. Add flour till the dough is not sticky to touch. For health's sake, 2 cups bran flakes or whole wheat flour should be used with white flour. If dry yeast is used, the yeast cake should be allowed to soften for one hour before the flour is added, and a longer period must be allowed for the entire process of bread-making as dry yeast works more slowly than compressed yeast.

Cover and let mixture rise over night in ordinary indoor temperature (not too warm). To make bread fine grained, mix down once or twice in the forenoon before making into loaves. For a **quicker process** start in the morning, using 2 cakes yeast. The stiff dough may be mixed at once but it rises more quickly if the shortening and part of the flour is added after the thin batter has been beaten well and left to rise, well covered, in a warm place about forty minutes, then mixed stiff. When double in bulk, mix into loaves. Put into well greased pans; brush top with melted butter. When about double in bulk, bake in moderate oven about forty-

five minutes. (For more perfect baking divide the time into 3 equal periods. During the first have the oven only moderately hot—about 325° F.; during the second period increase the heat to 350° F., and during the last period decrease it again. For harder crust and softer center, put completely raised loaves into hot oven (400° F.) for fifteen minutes, then lower to 350° F. for about thirty-five minutes. When done remove at once from pans, and cool across top edges of pans or on a rack. Brush with butter while warm.)

FRENCH BREAD

Use recipe for White Bread. When dough is ready to mold into loaves, cut down, divide into four long, narrow loaves. Place into greased or floured pans, far apart. Cut down through center lengthwise about $\frac{1}{2}$ inch deep. Brush top of bread with white of egg, beaten with a tablespoon of cold water. When double its bulk, bake in hot oven (375° F.) one-half to three-quarters of an hour or until well done, crisp, and golden brown. Let cool in draft.

POTATO YEAST

Cook 6 medium potatoes in about 2 qts. salted water. Drain, mash fine, then add the potato water, $\frac{1}{2}$ cup sugar, and when lukewarm add 1 cup flour, 2 cakes compressed yeast or softened Yeast Foam, and keep at about 70° F. for 24 hrs., then store in a dark cool place and use as needed. Use 1 cup of this yeast to make 6 loaves of bread. Will keep four weeks in covered glass can. Two-thirds cup of this yeast may be substituted for 1 cake compressed yeast in above recipe, using over-night process for making 4 loaves. One cup of this yeast is saved, to start a new yeast mixture.

RYE BREAD (1 loaf)

To 1 cup milk (scalded and cooled to lukewarm) add 2 tablespoons sugar, pinch of salt, 1 tablespoon butter, $\frac{1}{2}$ cake compressed yeast softened in 2 tablespoons warm water, $2\frac{1}{4}$ cups white flour, $2\frac{1}{4}$ cups rye flour (3 tablespoons caraway seeds, if liked). Mix, let rise once or twice; mold into loaf and, when light, bake about forty-five minutes in moderate oven.

SALT-RISING BREAD

Put $\frac{1}{2}$ teaspoon each of salt, soda, and sugar in a quart dish, add 1 pt. warm water, and flour to make thick batter, cover, and set in a warm place. In about five hours, or when the quart dish is nearly full, take the quantity of milk or water required to make the needed amount of bread (1 pt. makes 2 loaves), mix with the sponge and put in enough flour to make dough quite stiff; let rise, then mold into loaves, let rise again and bake. Milk makes whiter

bread, but water is nearly as good. This bread requires great care, but when properly made is fine grained and delicious.

YEAST RAISIN BREAD (2 loaves)

1 cup lukewarm water	$\frac{1}{2}$ cup sugar
1 cup milk, scalded and cooled	$1\frac{1}{2}$ cups seeded raisins or currants
1 cake compressed yeast	1 teaspoon salt
6 cups sifted flour	1 egg
2 tablespoons shortening	

Dissolve the yeast in the lukewarm milk and water; add 2 cups flour, the shortening and sugar well creamed together; beat until smooth. Cover and set to rise in warm place for an hour and a half or until light. When well raised add the floured raisins, the rest of the flour, or enough to make a moderately soft dough, and salt. Knead lightly. Place in a well greased bowl, cover, and let rise again about an hour and a half, or until double in bulk. Mold into loaves, half fill well greased pans, cover, and let rise about one hour. Glaze with egg diluted with water; bake forty-five minutes.

PRUNE OR DATE BREAD

Sift together 2 cups each of graham, white and whole wheat flour (6 cups in all). Add 2 or more tablespoons sugar and 2 teaspoons salt. Add 1 cup prunes (cooked, seeded and cut small). Dissolve 1 cake compressed yeast in tepid water, then add enough more water or prune juice to make a very stiff batter with the other ingredients. (Dates may be used.) Add $\frac{1}{2}$ cup or more pecans or other nuts. Beat well, then let stand until about double in bulk, then turn into greased baking pan or muffin tins. Bake in moderate oven (350° F) about 1 hr.

WHOLE WHEAT BREAD

1 cake compressed yeast	2 tablespoons lard or butter melted
$1\frac{1}{2}$ cups lukewarm water	
$1\frac{1}{2}$ cups milk, scalded and cooled	$7\frac{1}{2}$ cups whole wheat flour (or half white)
3 tablespoons brown sugar	$1\frac{1}{2}$ teaspoons salt

Dissolve yeast and sugar in lukewarm liquid. Add lard or butter, then flour gradually, as whole wheat flour absorbs moisture slowly, adding enough to make dough that can be handled; add the salt. Knead thoroughly, being sure to keep dough soft. Place in well greased bowl, cover, and set aside in a warm place to rise for about two hours.

When double in bulk, turn out on kneading board. Mold into loaves, place in well greased pans, cover, and set to rise again for about one hour or until light. Bake one hour, in a slower oven

than for white bread. If over-night method is preferred, use $\frac{1}{2}$ cake of yeast and an extra $\frac{1}{2}$ teaspoon salt.

YEAST BRAN BREAD (2 loaves)

1 cake compressed yeast	5 cups white or whole wheat flour
$2\frac{1}{2}$ cups milk or water	2 cups bran or bran flakes
3 tablespoons molasses	3 tablespoons shortening
$1\frac{1}{2}$ teaspoons salt	

Dissolve the yeast in 1 cup of the milk or lukewarm water—if milk is used, scald, then cool until tepid. Pour the remaining liquid into a bowl, add to it the salt, molasses, and melted shortening. Add the dissolved yeast, then work in the flour and bran making a dough—soft but not sticky—knead thoroughly, cover, and set aside in a warm place, free from draughts, until doubled in bulk. Divide into 2 portions, knead it lightly, place in buttered pans, cover with cloth, and set aside to rise until double. Bake from forty-five to sixty minutes in a moderate oven— 325° F.

YEAST NUT BREAD (1 loaf)

1 cake compressed yeast	$3\frac{1}{2}$ cups flour
$1\frac{1}{3}$ cups milk	2 tablespoons shortening
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup chopped nutmeats
$\frac{1}{2}$ teaspoon salt	

Soften the yeast cake in the milk which has been scalded and cooled until tepid. Add to these $1\frac{1}{2}$ cups flour, beat thoroughly, cover, and set aside in a warm place until light.

Then beat to a cream the sugar and the shortening, add the nuts and salt, and turn into the bowl containing the yeast and milk, together with the remainder of the flour. Knead well, cover, and set aside again to rise until doubled in bulk—about three hours. When light turn onto floured board, knead lightly, place in buttered bread pan, cover, and allow to rise again until light. Bake in a moderate oven forty-five minutes.

SWISS SWEET DOUGH

2 cups milk	$1\frac{1}{4}$ teaspoons salt
$\frac{1}{2}$ cup butter	4 eggs
$\frac{1}{2}$ cup lard or other shortening	Grated yellow rind of 1 lemon
1 cup sugar	1 yeast cake
	Flour

Scald 1 cup of the milk, cool until lukewarm and then add the yeast cake. Stir in 1 cup flour, and let stand well covered in a warm place overnight. In the morning add the rest of the milk, which has been scalded and cooled until lukewarm, the melted shortening

and all the other ingredients, using enough flour to make a dough that may be kneaded on a floured board. Knead until the mixture will not stick to the board. Let rise until double in bulk. Then make any of the following cakes from it; plain or fancy rolls; or make an excellent loaf cake by adding 1 cup raisins to 1½ lbs. of the dough.

SWISS ROLLS

Make little balls from the Swiss Sweet Dough and work 6 raisins into each roll. Put these on a buttered pan and let rise until double in size. Chill slightly for ten minutes. Then paint the rolls with beaten egg-yolk, and sprinkle sugar on top of each ball. Bake fifteen to twenty minutes in a hot oven. Half of a skinned sweet orange section or a piece of pineapple may be used instead of raisins.

SWISS CINNAMON ROLLS

Roll the Swiss dough ½ inch thick, using any amount of dough that you choose, but ordinarily 2 lbs. will be sufficient. Spread it with ¼ cup melted butter, and sprinkle with ½ cup sugar mixed with 1½ tablespoons powdered cinnamon and ¾ cup raisins. Roll like a jelly roll and cut off 1-inch slices. Place slices, cut side down, in a buttered pan or in buttered muffin rings. Let rise until double in bulk. Bake in a hot oven. While slightly warm, place an icing on top.

SWEDISH ORANGE BREAD

At night set a sponge consisting of 1 cup of rye flour, 1 qt. of wheat flour, 1 tablespoon of salt, 1 cup of molasses, 1 qt. of warm milk, ½ cup of melted shortening, the grated rind of 2 oranges, and ½ yeast cake softened in a little of the milk. Mix together well, cover, and set in a warm place to rise over night. In the morning, knead with wheat flour, about 8 cups, make into loaves and let rise again. Bake in a moderate oven (375° F.) for about one hour.

ICE-BOX DOUGH

Mix 2 cups of boiling water, ½ cup of sugar, 1 tablespoon of salt, 2 tablespoons of shortening and cool to lukewarm. Soften 2 cakes of compressed yeast in ¼ cup of lukewarm water, add 1 teaspoon of sugar and stir into the first mixture. Add 2 beaten eggs and stir in 4 cups of flour and beat thoroughly, then stir in 3 or 4 more cups of flour, but do not knead. Cover and put in the ice box to have on hand. Shape and put into pans and set in a warm place about 3 hrs. to double in bulk before baking.

The special advantage of this dough is that it need not all be used at once. Simply take out what is required, enough for a pan

of rolls and a coffee cake, perhaps. Then cover the balance and set away till more is wanted. Held at sufficiently low temperature the dough will keep for a week.

It may be used for all kinds of rolls, coffee cakes, etc.

DUTCH APPLE CAKE (KUCHEN)

Use Ice-box Dough or any dough slightly sweetened. Roll the dough to $\frac{1}{2}$ inch in thickness, and place it in a buttered pie dish or bread pan for about three hours to double in bulk. Just before putting into a hot oven (425° F.) to bake for about twenty minutes, cover with eighths of apples slightly overlapping, and cover with a paste of $\frac{1}{2}$ cup of brown sugar, $\frac{1}{2}$ teaspoon of cinnamon, and sufficient cream to moisten to a thick paste, about 2 tablespoons.

Instead of apples you may use peaches, pears, or pineapple with white sugar. Dried fruits of any kind may be soaked and used.

PUMPERNICKEL

$\frac{3}{4}$ cup corn meal	1 tablespoon caraway seed
$1\frac{1}{2}$ cups cold water	2 cups mashed potatoes
$1\frac{1}{2}$ cups boiling water	$\frac{1}{4}$ cup lukewarm water
$1\frac{1}{2}$ tablespoons salt	1 cake yeast
1 tablespoon sugar	6 cups rye meal or flour
2 tablespoons fat	2 cups wheat flour

Stir the cold water into the corn meal until smooth, place over fire, add the boiling water and let cook, stirring constantly, about two minutes or until it forms a mush. Add salt, sugar, and fat and let stand until lukewarm. Add the mashed potatoes and the yeast dissolved in $\frac{1}{4}$ cup of lukewarm water, and then the rye and wheat flour. Mix and knead to a smooth, stiff dough, using wheat flour or corn flour on the board to mold. Cover, set aside in a warm place until double its bulk. Shape into 4 loaves, and place into greased bread pans. Let rise to top of pans, and bake one hour or longer in a hot oven (350° F.). Will keep moist for a week or longer.

PARTY BREAD (3 loaves)

3 cups milk	2 eggs
$1\frac{1}{4}$ tablespoons salt	$\frac{3}{4}$ cup butter or substitute
1 cake compressed yeast	$1\frac{1}{2}$ tablespoons cinnamon
$\frac{1}{3}$ cup lukewarm water	$1\frac{1}{2}$ teaspoons mace
Flour	1 pkg. raisins
2 cups brown sugar	1 cup currants
1 cup nut meats	

Scald milk. When lukewarm, add salt and yeast cake dissolved in lukewarm water. Add 5 cups flour, beat thoroughly and let rise until it begins to sink in the center. Add brown sugar, butter

substitute, eggs well beaten, 3 cups flour sifted with cinnamon and mace, mix well and add raisins, and currants and nut meats if desired. Add sufficient flour to make a soft dough. Let rise until light, shape in 3 loaves, let rise again, and bake in moderate oven fifty minutes. Delicious for fancy toasting or tea sandwiches with butter.

LIBERTY BREAD (2 loaves)

Two cups (uncooked) rolled oats mixed with 2 cups boiling water, 1 tablespoon lard, 1 tablespoon salt, 1 tablespoon brown sugar. Mix and cool, then add 1 cake compressed yeast dissolved in $\frac{1}{3}$ cup warm water, add 2 cups white flour or part graham and beat well. Knead in enough flour to make stiff and let rise over night. Knead and put in 2 greased bread tins; let rise till near top of pans, and bake in moderate oven about forty-five minutes. Makes a very moist bread.

GLUTEN BREAD (2 1-lb. loaves)

1 cake compressed yeast	1 tablespoon sugar
1 cup milk, scalded and cooled	1 tablespoon lard or butter melted
1 cup lukewarm water	3 cups gluten flour
1 teaspoon salt	

For special diet, use all water and omit shortening and sugar.

Dissolve yeast and sugar in lukewarm liquid. Add lard or butter, then flour gradually, and salt. Knead thoroughly until smooth and elastic. Cover and set aside in a warm place, free from draught, to rise until light, which should be in about two hours.

Mold into loaves, place in greased pans, filling them half full. Cover, let rise again and, when double in bulk, which should be in about one hour, bake in moderate oven forty-five minutes.

ZWIEBACK

1 cake compressed yeast	$\frac{1}{4}$ cup lard or butter, melted
$\frac{1}{2}$ cup milk, scalded and cooled	2 eggs
2 tablespoons sugar	$2\frac{3}{4}$ cups sifted flour
	$\frac{1}{2}$ teaspoon salt

Dissolve yeast and sugar in lukewarm milk. Add $\frac{3}{4}$ cup flour and beat thoroughly. Cover, and set aside in a moderately warm place to rise for fifty minutes.

Add lard or butter, eggs well beaten, enough flour to make a dough (about 2 cups) and salt. Knead, shape into 2 rolls, $11\frac{1}{2}$ inches thick and 15 inches long. Protect from draught and let rise until light, about one and a half hour. Bake twelve minutes in hot oven. When cool cut diagonally into $\frac{1}{2}$ -inch slices. Place on baking sheet, and brown in moderate oven.

HUTZEL (BIRNEN) BROD

(Delicious Swiss Christmas Bread)

Mix 1 qt. lukewarm water with 1 qt. rye flour, 2 softened cakes of compressed yeast and enough wheat flour to stiffen. Let set over night. Mix $\frac{1}{2}$ lb. each of sliced dried pears, raisins, chopped walnuts and Brazil nuts, and $\frac{1}{4}$ lb. citron; 1 teaspoon each of cloves, cinnamon, and nutmeg; 1 wineglass of brandy or fruit juice. Let stand over night. In the morning mix with the dough. Let rise, and bake in 5 greased 1-lb. coffee cans.

(24) POTATO LIGHT ROLLS

Boil 2 rather large potatoes in just enough water to cook them. Put them through ricer or colander while hot. Add 1 tablespoon butter, 1 tablespoon lard, 1 teaspoon sugar, 1 cup lukewarm milk, 1 cake compressed yeast dissolved in the potato water cooled to lukewarm. Beat together, then add 1 qt. flour or more if needed. Knead lightly. Let stand six or seven hours in a warm place and, when very light, turn out on a well floured pastry board, and roll or pat into a sheet; do not knead again. Cut in small rounds and place in a buttered baking pan, let stand fifteen minutes or until very light, then bake in a quick oven. This will make 24 fairylike rolls. An egg may be added if you like richer yellow dough. If you like them sweet use $\frac{1}{2}$ cup sugar.

VIENNA ROLLS

1 cup milk (warmed)	1 cake compressed yeast
1 tablespoon (heaping) butter	softened in $\frac{1}{4}$ cup tepid
1 teaspoon salt	water
1 tablespoon sugar	4 cups flour (more if necessary)

Mix, let rise, knead down, let rise again, roll $\frac{1}{2}$ inch thick. Cut into three-cornered pieces, spread with butter, roll from end. Place in greased pan, spread with butter, let rise and when light, bake.

PARKER HOUSE ROLLS

1 cake compressed yeast	2 tablespoons lard or
1 pt. milk (half water may be	butter, melted
used) scalded and cooled	3 pts. sifted flour
2 tablespoons (or more) sugar	1 teaspoon salt

Dissolve yeast and sugar in lukewarm milk, add lard or butter, and $1\frac{1}{2}$ pts. flour. Beat until perfectly smooth. Cover and let rise in warm place one hour, or until light. Then add remainder of flour, or enough to make a dough. Add salt; knead well, and put into greased bowl. Cover and let rise in a warm place for about one and a half hour or until double in bulk. (It may then

be put in ice box over night, or several hours, or rolled at once.) Roll out $\frac{1}{4}$ inch thick. Brush over lightly with melted butter, cut with 2-inch biscuit cutter, crease through center heavily with dull edge of knife, and fold over in pocketbook shape. Place in well greased shallow pans 1 inch apart. Cover, and let rise until light, about three-quarters of an hour. Bake ten minutes in hot oven. Makes 50 small rolls, and time needed is about four hours.

(SPONGE) BREAKFAST BUNS

Save 1 cup bread sponge. About noon add 1 cup lukewarm water, 4 tablespoons sugar, 2 tablespoons shortening. Mix down almost as stiff as bread. Let stand five or six hours. Mold into flat biscuits, and let rise till morning. Bake fifteen minutes.

(SPONGE) RUSKS

To 1 cup light dough reserved from ordinary bread mixture, add 1 well beaten egg, 1 tablespoon softened butter, and 2 tablespoons sugar, with perhaps a very little more flour, to knead it easily. Make the sweetened dough into a ball, place in a greased bowl and let rise, pushing it down with the finger tips when it becomes very light. One hour before the rusks are needed make the dough into balls the size of large marbles, place in greased pans and, when very light, bake about ten minutes. After the rusks are finished and before they become sufficiently brown, brush them over with a mixture of 1 tablespoon sugar, 1 tablespoon cream and a few drops of vanilla; then return them to the oven to glaze.

NUT ROLLS

Scald $\frac{1}{2}$ cup milk, add $\frac{1}{2}$ cup boiling water and, when it is lukewarm, add $\frac{3}{4}$ cake of compressed yeast softened in 3 tablespoons warm water. Add $\frac{1}{2}$ tablespoon each lard and butter, 2 tablespoons each molasses and brown sugar. 1 cup chopped English walnuts, 2 cups white flour and enough whole wheat flour to make a dough that can be kneaded. Knead five minutes, cover, and let rise for one hour, then knead two minutes, pull off pieces the size of egg, shape into oblong rolls, and bake one hour in moderate oven, brushing the tops with sweet milk.

HOT CROSS BUNS

Scald 1 pt. milk and add to it while hot 2 round tablespoons butter, $\frac{3}{4}$ cup sugar, and 1 teaspoon salt. Cool to lukewarm, then whip in 3 well beaten eggs and 1 cup flour. Now, with a rotary egg-beater, whip the mixture, adding gradually 3 cups flour. Then stir in 1 cake compressed yeast which has been softened in $\frac{1}{4}$ cup tepid water, and beat again with the egg-beater. Set the

mixture away in a warm place to rise three or four hours, or until very light and bubbly. Then beat it down well and add $\frac{1}{4}$ teaspoon each of ground cinnamon and mace, $\frac{1}{2}$ lb. cleaned currants dredged with flour, and $\frac{1}{4}$ lb. citron, candied pineapple, or lemon peel shaved into tiny pieces. Stir in as much flour as is necessary to knead mixture and work it well (about 4 cups). Place in a greased bowl, and stand it in a warm place. As the dough rises and becomes light, push it down repeating several times. Then make the dough into buns. Bake in muffin tins or 2 inches apart in buttered pans, and let rise. When twice their original size, mark with the cross, using a sharp pair of shears for the purpose and cutting rather deeply, then let rise a few minutes longer to round out and bake in a moderate oven about twenty minutes. Fill the crosses with Plain Frosting and cover the rest of buns with glaze of egg-whites.

NANTUCKET SHEARING BUNS (48)

Make sponge of 1 pt. milk (scalded and cooled), 3 cups flour, 1 cake compressed yeast softened in $\frac{2}{3}$ cup cool water with 1 tablespoon sugar. Let rise until light. Cream together 1 to $1\frac{1}{2}$ cups sugar and $\frac{1}{2}$ cup butter, then add 2 egg yolks and 2 teaspoons salt. Beat thoroughly into the sponge, and add 1 cup well-floured currants. (If desired add 1 cup nuts and any other fruit, such as candied pineapple, cherries or raisins.)

Add all the flour that can be stirred in, but do not knead it. Let rise till light, then cut into 8 pieces, and cut each into 6 pieces and form them into buns. Let rise a few minutes, then bake 30 minutes in moderately hot oven. (Also makes delicious tea rings.)

(SWEET) PENNY BUNS

1 tablespoon lard	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cake compressed yeast	1 cup warm water
1 teaspoon salt	1 egg

Flour for stiff dough

Let rise in cool place till morning or in warm place several hours. Mix down, make into small buns, let rise again for a few minutes and bake about ten minutes in a rather hot oven.

SCHNECKEN

1 cup milk	1 egg or
$\frac{1}{4}$ cup sugar	2 egg yolks
1 teaspoon salt	$\frac{1}{4}$ cup melted butter
1 yeast cake	$\frac{1}{2}$ cup seeded raisins
3 cups flour (or more)	$\frac{1}{2}$ cup candied pineapple
$\frac{1}{2}$ cup almonds, sliced	

Scald the milk, when lukewarm, add sugar, salt, and yeast cake, let stand five minutes and add $1\frac{1}{2}$ cups flour; beat well, cover, and let rise until light. Add eggs well beaten, butter, and only enough more flour to knead; knead and let rise again. Roll dough $\frac{1}{2}$ inch thick, brush with melted butter, sprinkle with sugar and cinnamon mixed, raisins, almonds, and pineapple. Roll up like jelly roll and cut in 1-inch pieces. Place pieces in pan close together, flat side down. Brush tops with butter, sprinkle with sugar and cinnamon. When light, bake in moderate oven at 350° F.

PLAIN BUNS

1 cup milk, scalded and cooled	1 cake compressed yeast
1 cup lukewarm water	1 teaspoon salt
1 tablespoon sugar (2 if you like)	4 tablespoons (scant) shortening
	6 cups sifted flour

Dissolve the yeast cake and sugar in the lukewarm water; add the milk, in which the shortening has been melted, the flour and salt. Mix well and set to rise; it will double in quantity, taking about three hours; add flour to make stiff. Put in pans, let rise double in bulk and bake, like buns or put three tiny balls in each muffin cup for the **clover tea biscuits**. Fine.

HARD ROLLS OR POPPY SEED ROLLS

Use Plain Bun dough or Ice-box dough and shape into long or round rolls. Place on a baking sheet far enough apart so that they will not touch each other after rising. Put them in an oven heated to 450° F., in the bottom of which there is a large pan of steaming water. Bake until brown and well crusted; then brush with egg-yolk mixed with water, or use a cornstarch glaze made by cooking together 1 tablespoon of cornstarch in 1 cup of water; sprinkle with poppy or caraway seeds, if wished, and dry off in a warm oven.

STICKY CINNAMON ROLLS

1 qt. of raised bun or stiff bread dough	1 cup brown sugar (half for pan)
$\frac{1}{2}$ cup granulated sugar	2 tablespoons cinnamon
2 well beaten eggs	$\frac{1}{2}$ cup currants
$\frac{1}{4}$ cup soft butter	$\frac{1}{2}$ cup seeded raisins

Add the granulated sugar, eggs, and half the butter to the dough; knead and roll out $\frac{1}{2}$ inch thick. Brush with butter, sprinkle with half the brown sugar, the cinnamon, currants, and raisins. Roll the dough the same as for jelly roll; cut into $1\frac{1}{2}$ -inch slices. Brush a deep, heavy pan with butter, and cover thinly with brown sugar; lay the slices so they do not touch. Set

to rise as bread until light. Place in a moderate oven forty-five to fifty minutes. Take them from the pan as soon as removed from the oven. It is very important not to have too hot an oven. Place an asbestos mat under the baking pan if oven is too hot.

SWEDISH TEA CAKES

1 cake compressed yeast	1 egg
2½ cups scalded milk	½ teaspoon salt
¾ cup sugar	½ teaspoon ground mace
¼ cup melted shortening	6½ cups flour

Add the yeast cake to ½ cup lukewarm milk; as soon as dissolved, add ½ cup flour; beat thoroughly, cover and let rise. When light, add the remaining milk and 4½ cups flour. Stir until mixed, cover, and let rise until double in bulk; add the remaining ingredients and 1½ cups flour. Knead on a floured board, cover, and let rise till double. Mix down and make into rings or braids. When double in size again, brush tops with butter or egg yolk beaten with ½ tablespoon water and sprinkle with sugar and chopped almonds. Bake in moderate oven.

BUTTERSCOTCH ROLLS

Use Tea Cake dough and spread in flat sheet on floured board. Sprinkle with butter, sugar, and cinnamon. Cut into strips, double, and twist like a short rope. Grease a heavy pan thickly with butter, sprinkle with brown sugar, then lay the strips on the sugar. Bake in moderate oven about thirty minutes with asbestos under the pan, or put a pan of hot water in bottom of oven. Turn rolls upside down on rack when done.

ALMOND OR PECAN ROLLS

Grease an iron frying pan or other heavy pan first with lard, then plenty of butter. Cover the bottom with ½-inch layer of sugar (brown or mixed with white), and more dots of butter, then a layer of nuts (the almonds do not need blanching unless preferred) whole or broken, pressed into the sugar a little.

Use Bread dough or Tea Cake dough, or Plain Bun dough. Roll about ½ inch thick, dust with cinnamon, rub with softened butter and sugar. Roll like jelly roll, cut in slices (thick or thin), and place slices flat sides down on top of nuts till bottom of pan is covered. Dust top with cinnamon and a light sprinkle of sugar. Bake carefully in moderate oven about forty minutes (less if sliced thin). Unless a heavy pan is used the sugar burns, but if the frying pan is used remember not to touch the hot handle. Set the pan on middle shelf of oven on asbestos mat if possible. Turn upside down on rack when done.

(3 SMALL) TEA RINGS (Fine)

Dissolve 1 cake compressed yeast in $\frac{1}{2}$ cup water. Add 1 cup milk (scalded and cooled to lukewarm); add 2 cups flour and 1 teaspoon sugar. Beat well, let rise till double in bulk; then add 1 teaspoon salt, $\frac{1}{2}$ cup sugar, 3 eggs, $\frac{1}{4}$ lb. butter, 2 cups flour. Beat till smooth and elastic. Let rise over night, then add enough flour to roll. (For quicker baking use 2 cakes yeast, mix all ingredients at once and let rise several hours before rolling.) Roll out into oblong sheet $\frac{3}{4}$ inch thick. Dot with butter, sprinkle thickly with raisins or currants, brown or white sugar, and cinnamon. Roll up like a jelly roll then twist several times (or slash with a shears) and form into a ring in shallow greased pan with a cup set in the center. When light bake in moderate oven about thirty minutes. If desired, ice while warm with plain frosting or confectioners' sugar mixed with milk or water. A filling made of chopped stewed figs may be used instead of raisins.

MOLASSES BUNS OR DUMPLINGS

Use Bread dough made shorter by kneading in a lump of lard or butter. Make into balls the size of walnuts, and place in a well greased, deep dripping pan to rise. Meantime cook together for a few moments 1 cup water, 1 tablespoon butter, and 1 cup molasses with 1 tablespoon sugar. When the dumplings are light, pour this sauce over them and bake in a moderate oven. Serve with the molasses sauce about them for dessert.

RAISED CAKE

Use like cake, but bake like bread. One cup bread sponge, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 beaten egg, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, 1 cup flour, 1 cup raisins if liked.

Let rise in greased loaf tin and bake. Serve with hot drinks.

STOLLEN (4 loaves)

Two cakes compressed yeast dissolved in 2 tablespoons warm water, 1 qt. scalded milk cooled to lukewarm. Mix and add enough flour to make thick sponge. Let rise an hour or more and add $\frac{3}{4}$ lb. butter (or part lard) softened, $1\frac{1}{2}$ cups sugar, 1 tablespoon salt, 1 lb. raisins, $\frac{1}{4}$ lb. citron chopped or sliced thin, $\frac{1}{2}$ lb. almonds chopped fine (2 eggs and juice of 1 lemon may be added if you like). Chopped stewed figs, prunes or any fruit may be used instead of raisins.

Add enough flour to make almost as stiff as bread dough. Let rise, then mold into long flat loaves. If the twisted effect is desired, slash the sides with a shears. Bake forty-five minutes in moderate oven like coffee cake. Cover with plain frosting.

ZIMNT CUSTARD KUCHEN WITH FRUIT

Dissolve 1 cake compressed yeast, add 1 qt. milk scalded and cooled, mix with flour the same as for Stollen, let rise and add $\frac{1}{2}$ lb. butter, $1\frac{1}{2}$ cups sugar, 1 tablespoon salt, and 2 eggs (save whites for top).

Proceed the same way as for Stollen, but do not get quite so stiff. Spread in sheet cake pans quite thin, pushing dough up on the sides like pie crust. Spread fresh, canned, or cooked dried fruit over dough when it gets light. Sprinkle with sugar, then cover with the following mixture: 4 tablespoons sugar and 2 teaspoons cornstarch mixed, 2 eggs slightly beaten with the 2 extra whites (saved from kuchen), 2 cups milk, pinch of salt.

Mix together and pour it on the kuchen being careful not to let it run over sides. Bake slowly. Instead of the custard, a mixture of finely chopped apples, raisins, and sugar with a little lemon or grape juice may be put on the kuchen before baking. Or chopped almonds and sugar may be used.

PLAIN COFFEE CAKE

To 1 qt. Bread sponge or Plain Bun sponge, add 2 well beaten eggs, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ tablespoons butter, and enough more flour to make a soft dough.

Let rise and make into flat cakes. Put into pans, let rise again and brush the surface with butter, sugar, and cinnamon. Or, cover well with $\frac{3}{4}$ cup brown sugar, $\frac{1}{2}$ cup flour, 2 teaspoons butter, and 1 tablespoon cinnamon mixed together. Bake twenty minutes in a moderate oven.

Raisins may be added to the dough, or sweetened sliced peaches or apples may be pressed on top before baking.

SWEET COFFEE CAKE

$1\frac{1}{2}$ cakes compressed yeast	1 cup sugar
1 cup milk, scalded and cooled	$\frac{1}{8}$ teaspoon mace
1 tablespoon sugar	$1\frac{1}{2}$ cups mixed fruit—citron, raisins, currants in equal parts
3 cups sifted flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup butter	3 eggs

Dissolve yeast and 1 tablespoon sugar in the lukewarm milk, add $1\frac{1}{2}$ cups flour. Beat well. Cover and set aside, in a warm place, to rise one hour, or until light.

Add to this the butter and sugar creamed, the mace, the fruit which has been floured, the balance of the flour, or enough to make a good cake batter, the salt, and eggs well beaten. Beat for ten minutes.

Pour into well buttered pans, filling them about half full, cover

and let rise until pans are nearly full, then bake in a moderate oven. If made into two cakes, they should bake forty-five minutes; one large cake should bake one hour.

CINNAMON CAKE

Take 2 cups soft, light bread sponge, sprinkle flour in a pan, lay dough in, add enough flour for a soft dough, then add 1 egg, 1 heaping tablespoon butter, $\frac{1}{2}$ cup brown sugar, 1 tablespoon cinnamon.

Mix and knead like bread, roll about $1\frac{1}{2}$ inch thick; place in buttered pan until quite light, then spread with soft butter and brown sugar and cinnamon. Bake one hour in slow oven.

FRENCH BRIOCHE

After dinner (noon) scald and cool 1 cup milk, beat in 1 softened cake compressed yeast and a cup of flour, then set in warm place thirty minutes. Cream $\frac{1}{2}$ cup butter with $\frac{1}{2}$ cup sugar. Beat 5 or 6 eggs and add to the sugar mixture. Add 1 teaspoon salt, $\frac{1}{2}$ teaspoon lemon extract. Beat in 4 cups flour and the raised sponge. Beat and cover, then set in warm place about six hours to rise. Then chill in the ice box or cold place over night. In morning, roll out into 1-inch sheet on floured board. Spread with butter, cut into strips 1 inch wide and about 18 inches long. Twist like an 8 then lay in greased pan and pull the ends together in a U-shape. Let rise. Bake in a moderate oven fifteen minutes, cover top with chopped almonds and plain frosting: 1 cup sugar, 5 tablespoons milk, 1 teaspoon vanilla—boiled three minutes.

Extra Recipes

Quick Breads

BREAD

WHITE NUT BREAD (1 small loaf)

$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar (brown or white)	$2\frac{3}{4}$ cups flour
1 tablespoon butter	$\frac{1}{4}$ teaspoon salt
1 beaten egg	2 round teaspoons baking powder
1 cup milk	$\frac{3}{4}$ cup nuts (hickory or walnuts)

(Instead of nuts, candied orange peel, pineapple, or cherries may be used. If the nuts are sliced the bread is lighter [color] than when they are chopped.) Cream the butter and sugar. Mix the dry ingredients; add them alternately with the milk and beaten egg, mixed together. Add the nuts or fruit and pour into greased bread pan, or baking powder cans filled two-thirds full. Let rise twenty minutes, then bake in moderate oven about forty-five minutes. (Butter may be omitted and the egg mixed with the sugar. Brown sugar changes the color and texture of the bread.)

LIGHT BROWN NUT AND RAISIN BREAD (1 loaf)

Mix:

1 cup Graham or whole wheat flour	$\frac{1}{2}$ cup nuts
2 cups white flour	$\frac{1}{2}$ cup raisins
	$\frac{3}{4}$ teaspoon salt

Mix:

1 beaten egg	1 cup rich, sour milk
$\frac{1}{4}$ cup sugar	containing 1 teaspoon soda
$\frac{1}{3}$ cup New Orleans molasses	

Mix all together and bake in greased bread pan or cans slowly for about one hour.

DATE BREAD (1 loaf)

One cup dates cut small and covered with $\frac{3}{4}$ cup boiling water; let stand until partially cool.

Cream $\frac{1}{2}$ cup sugar, 1 tablespoon butter, and 1 beaten egg.

Drain water from dates and add them to sugar mixture, then stir in $1\frac{1}{2}$ cups flour mixed with 1 teaspoon soda and 1 teaspoon salt.

Add 1 cup nuts, 1 teaspoon vanilla, and a bit of spices if liked. Bake in a slow oven about one hour. Fine.

Another good recipe adds $\frac{1}{2}$ cup butter (scant), an extra $1\frac{1}{2}$ cups flour with 3 teaspoons baking powder, $\frac{3}{4}$ cup milk and an extra egg. Makes 2 loaves.

PEANUT FRUIT BREAD (1 Loaf)

1 cup bread flour	$\frac{1}{4}$ cup orange peel
1 teaspoon baking powder	$\frac{1}{4}$ cup raisins
1 teaspoon salt	$\frac{3}{8}$ cup molasses
1 teaspoon soda	1 cup sour milk
1 cup graham flour	1 tablespoon melted
$\frac{1}{4}$ cup chopped peanuts	shortening
1 egg	

Sift together flour, baking powder, salt and soda, add graham flour, chopped peanuts, orange peel cut fine, and raisins cut or seeded. Mix thoroughly and add molasses, sour milk, melted shortening, and egg slightly beaten. Beat thoroughly and put in a large, greased bread pan. Let stand twenty minutes, then bake in a slow oven or at 325° F. for one and one-half hours.

(This delicious nut bread is quickly made; it makes a particularly good sandwich when spread with cream cheese, and goes well with fruit and other salads.)

PEANUT BUTTER BREAD

3 cups flour	1 cup peanut butter
2 eggs	1 cup milk
$\frac{1}{2}$ cup sugar	3 teaspoons baking powder
1 teaspoon salt	1 cup raisins may be added

Sift flour, salt, sugar, and baking powder together. Add milk and peanut butter; lastly, well-beaten eggs. Put in well greased pan, let rise twenty minutes. Bake forty minutes in a rather slow oven.

IRISH BREAD

Mix and sift 2 cups bread flour, 5 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, and 1 tablespoon sugar. Work in 3 tablespoons butter, add $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup currants, 1 tablespoon caraway seeds, and 1 cup milk. Mix thoroughly and bake in greased iron frying pan for one hour in a moderate oven.

BRAN NUT BREAD

2 cups bran	$\frac{1}{4}$ cup melted butter
2 cups whole wheat flour	1 teaspoon soda
2 cups buttermilk	$\frac{1}{2}$ cup nuts
1 cup brown sugar	Bake in shallow pan

BRAN RAISIN BREAD (2 loaves)

2 cups bran	1 beaten egg
2 cups white flour	$\frac{1}{2}$ cup molasses
2 cups Graham flour	2 cups sour milk
2 tablespoons sugar	1 teaspoon soda
1 teaspoon salt	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ cup raisins	

Mix sugar, salt, and egg. Add molasses, sour milk, then flour and rest of dry ingredients, and floured raisins. Bake slowly.

BROWN NUT BREAD (Sour Milk)

2 cups graham or whole wheat flour	1 teaspoon soda (round)
1 cup white flour	1 teaspoon baking powder
$1\frac{1}{2}$ cups sour milk	1 cup nuts or raisins (half of each, or candied orange peel)
1 cup brown sugar	1 teaspoon salt

Sift dry ingredients together; add nuts or raisins, and then lightly stir in the sour milk. Put in greased bread pan and bake slowly one hour. Instead of sugar, $\frac{1}{2}$ cup Orleans molasses may be used. One loaf.

PLAIN GRAHAM BREAD (Moist and Sweet)

Mix 4 cups graham flour, 2 cups white flour, 1 teaspoon salt, 1 cup brown sugar. Add 3 cups **sour milk** mixed with 2 teaspoons soda. (Two beaten eggs may be added, and the sugar may be lessened or omitted.) Two loaves.

BOSTON BROWN BREAD WITH RAISINS

2 cups graham flour	1 cup brown sugar
2 cups white flour	1 heaping teaspoon soda
1 cup raisins (may substitute chopped soaked prunes or omit both)	2 cups buttermilk
	Pinch salt

Put sugar in a bowl, then add buttermilk and soda, and then the flour and other ingredients. Bake one hour. If sweet milk is used add 3 teaspoons baking powder and omit soda. (Extra good.)

STEAMED BOSTON BROWN BREAD (2 loaves)

1 egg	1 teaspoon soda
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup white flour
$\frac{1}{4}$ cup molasses	Add graham flour to make stiff as for gems
2 cups sour milk	
1 teaspoon salt	

Mix well, put into buttered baking powder cans, cover and steam three hours. Remove covers and dry in oven for fifteen minutes.

ROYAL STEAMED BOSTON BROWN BREAD (2 loaves)

Mix thoroughly 3 cups whole wheat flour (or 1 cup whole wheat or graham flour, 1 cup corn meal, 1 cup rye meal or ground rolled oats), 5 teaspoons baking powder, and 1 teaspoon salt. Add $\frac{3}{4}$ cup dark molasses to $1\frac{1}{3}$ cups milk, and add to dry ingredients. Beat thoroughly and put into greased molds two-thirds full. Steam three and a half hours; remove covers and bake in moderate oven (400° F.) until top is dry. Makes 2 medium-size or 3 small loaves.

SOUR MILK CORN BREAD

1 cup corn meal	5 tablespoons melted lard
$1\frac{1}{2}$ cups flour	$\frac{1}{4}$ cup sugar
Pinch of salt	1 cup sour milk
1 beaten egg	1 teaspoon soda

Mix dry ingredients, add egg, then shortening and milk with soda dissolved in it. Bake in rather hot oven 15 to 25 minutes (according to thickness of the layer) in a shallow greased pan.

EGGLESS CORN BREAD

2 cups corn meal	$\frac{1}{2}$ cup sugar
1 cup flour	1 tablespoon shortening
1 teaspoon salt	2 cups sour milk
	1 teaspoon soda

Mix and bake as above.

JOHNNY CAKE (Sweet)

2 cups corn meal	1 egg (beaten slightly)
1 cup flour	2 tablespoons butter (melted)
1 teaspoon salt	1 teaspoon soda in
$\frac{1}{2}$ cup sugar	1 cup sour milk
$\frac{1}{2}$ cup molasses or syrup	1 cup sweet milk

Sift dry ingredients together, then add remainder in order given. Batter is very thin. Bake in moderate oven.

DELICATE CORN BREAD (No. 1)

2 cups flour	1 tablespoon butter
1 cup yellow meal	2 eggs
3 round teaspoons baking powder	$1\frac{1}{2}$ cups milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup sugar
Mix in order given.	

DELICATE CORN BREAD (No. 2)

or

8 CORN STICKS

(Bake like corn bread, or pour into hot greased iron Korn Kob molds and bake twenty minutes.)

1 cup corn meal	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup flour	$\frac{3}{4}$ cup milk
3 teaspoons baking powder	1 tablespoon fat, melted
1 tablespoon sugar	1 egg

Grease the mold slightly then put in oven to heat, then grease again and fill with batter. Bake about twenty minutes.

(Light Sweetened) HOT MILK CORN BREAD

Into 1 pt. *hot* milk, stir in carefully $\frac{3}{4}$ cup dry or slightly moistened corn meal. Beat in one at a time 4 egg yolks; add 1 teaspoon salt, 1 teaspoon baking powder, 1 tablespoon sugar. Fold in 4 stiffly beaten whites. Bake thirty minutes in buttered tin in rather quick oven.

SPIDER CORN BREAD

1 egg	2 tablespoons sugar
$1\frac{3}{4}$ cups milk	1 teaspoon salt
1 cup corn meal	2 teaspoons baking powder
$\frac{1}{3}$ cup flour	1 tablespoon shortening

Beat egg and add 1 cup milk; stir in dry ingredients (sifted together); turn into a hot frying pan in which the shortening has been melted; pour on remainder of milk, but do not stir it in. Bake about twenty-five minutes in hot oven. There should be lines of creamy custard through the bread. Be careful not to touch the hot handle of the spider when removing it from the oven; the iron pan makes lighter bread with better crust.

HOE CAKES

1 pt. corn meal	1 pt. milk
2 tablespoons shortening	$\frac{1}{2}$ teaspoon salt
3 teaspoons baking powder	

Scald milk in double boiler; mix corn meal with a little cold water, add to milk and cook twenty minutes, stirring frequently. Add salt and shortening, and cool. Add baking powder; form into round, flat cakes, and cook in a hot oven until delicately browned.

SOUTHERN CORN PONE

Into 1 qt. of sifted white corn meal stir 1 teaspoon salt. Pour in gradually, stirring all the while, enough whole sweet milk to make a good molding dough. It must not be dry, nor too wet to hold its shape when molded into pones. Mold this amount into 4 oval cakes or pones, putting them in a hot buttered bread pan, and pat until they are nicely formed, perfectly smooth, and about 1 inch thick. Bake in a moderate oven (325° F.) to a golden brown. If rightly done the bread will be tender and crumbly, and have a rich, nutty flavor. It's the kind of bread most Southerners want with a boiled dinner.

LOUISIANA RICE CORN BREAD

3 eggs	1½ cups corn meal
1 pt. milk	2 tablespoons melted fat
1½ cups cold boiled rice	1 teaspoon salt
1 teaspoon baking powder	

Beat the eggs very light; add the other ingredients in the order named; beat hard and bake in a shallow, greased pan in a hot oven.

CRACKLINGS CORN BREAD

2 cups corn meal	Enough boiling water to
1 teaspoon salt	moisten
1 teaspoon baking powder	1 cup cracklings

Bake twenty minutes. Serve hot. Four servings.

SPOON CORN BREAD

This bread is spread generously with butter and eaten with a spoon. Similar to mush, but much richer and better.

Sift 1 cup white corn meal into a bowl; add 1½ cup boiling milk or water, stirring well. When lukewarm, add 1 cup milk, 2 beaten egg-yolks (4 eggs if liked) and beat thoroughly. Add 1 teaspoon salt and 2 teaspoons baking powder, then fold in the 2 stiffly beaten whites, and pour into greased pan placed in another pan containing hot water. Bake slowly (at about 300° F.) like custard till a silver knife will come out clean. Good served hot with fried apples.

DUMPLINGS

EGG DUMPLINGS WITH CHICKEN OR BEANS

Stew chicken. Take out some of the rich broth before thickening the gravy with milk and butter. Add a little water to the part taken out, and bring it to a boil.

Drop in dumplings made as follows: 1 qt. flour, 1 teaspoon salt, 1 egg, 2 round teaspoons baking powder, and milk to make stiff batter. Stir and drop from spoon into boiling gravy. Cook gently for ten minutes covered tightly. Perfectly dry and light inside. Also good on bean stew. Serves 6 to 8 persons.

EGG DUMPLINGS WITH DRIED APPLES

(Schnitz and Kneip)

Soak 1 pt. dried apples over night. Put a ham bone in cold water, simmer for an hour, then add soaked apples and simmer till tender. Sprinkle with enough brown sugar to make broth slightly sweet and cook five minutes longer. Into the boiling apples drop the dumplings made as follows:

Mix two well beaten eggs, 1 cup milk, pinch salt, 1 tablespoon melted butter, 1 teaspoon baking powder and enough flour for a stiff drop batter. Cover tightly and boil 15 minutes.

(If necessary, skim fat from ham broth before adding apples or dumplings.)

POTATO DUMPLINGS

Boil 3 or 4 potatoes in plenty of boiling salted water till tender, but not broken; save the water and cut potatoes in pieces about half as large as walnuts.

Next make a batter of 1 cup milk, 1 well beaten egg, $\frac{1}{2}$ teaspoon salt, 1 teaspoon melted butter, and 1 teaspoon baking powder sifted with enough flour (about 2 cups) for a rather stiff drop batter. Mix potatoes with batter and drop from the end of a spoon into the rapidly boiling potato water. Cover closely and cook fifteen minutes. While the dumplings are cooking cut bacon, sliced $\frac{1}{4}$ inch thick, into dice and fry it a crisp brown. Skim the dumplings from liquid, place them in a dish, and pour bacon, fat and all, over them.

If dumplings break while cooking it does not harm them. Potato dumplings are served with stewed chicken, beef, veal, or sauer kraut.

SNOW DUMPLINGS (Light)

2 cups flour

3 teaspoons baking powder

Pinch of salt

Milk to mix lightly into batter (rather stiff) that just drops off the spoon when it is dipped into the boiling broth. Keep covered

tightly, and gently boiling ten minutes, without lifting the lid. Water may be used instead of milk, but milk gives better flavor. About 1 cup liquid is needed.

YORKSHIRE PUDDING

$\frac{1}{2}$ cup flour
 $\frac{1}{4}$ teaspoon salt

1 cup milk
2 eggs

Put flour, salt, milk, and eggs together in a bowl. Beat well with a Dover egg beater. Pour into a shallow hot pan well greased with 1 or 2 tablespoons drippings from roast beef or pork. Bake for one-half hour in a hot oven, then place the pudding under the trivet that holds roast beef, and leave it for about fifteen minutes to catch the gravy that flows from the roast. If a trivet is not used, cut the pudding into squares and lay around the roast in the pan or use the drippings for basting the pudding often during the baking, or just during the last fifteen minutes. Serve the pudding with the beef. If preferred, 1 cup flour may be used. The lightness depends upon beating and quick baking.

SPICE DUMPLINGS

Bring to a boil: $\frac{1}{2}$ cup milk, 1 teaspoon butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon ginger, pinch of pepper.

Then add all at once: 1 cup flour. Stir a few minutes and add 2 egg yolks. Beat and drop by teaspoons into boiling soup or broth. Cover and cook five minutes. If dropped by tablespoon, cook ten minutes. Fine.

BISCUITS

RULES TO MAKE LIGHT BISCUITS

1. Cut in the shortening, as the heat of the hands melts the shortening and more flour gets worked into the dough, toughening it.

2. Have a very soft dough. Add just enough liquid to combine the flour and dough. Use cold milk or very cold water. Keep dough cool. Stir or handle as little as possible.

3. Bake in a very hot oven at 450° F. for about fifteen minutes, depending on size of biscuits.

(24) EMERGENCY BISCUITS

One-fourth cup (2 heaping tablespoons) butter cut or mixed into 4 cups flour, 1 teaspoon salt, and 4 round teaspoons baking powder. Add $1\frac{1}{3}$ cups milk (or part water). Stir as little as possible. Drop into buttered muffin tins, and bake in hot oven, watching carefully. Fine.

PLAIN BAKING POWDER BISCUITS

Use Emergency Biscuit recipe (using any good shortening) with just enough more flour to handle on a floured board. Roll about $\frac{3}{4}$ inch thick. Cut out and bake on greased tin in hot oven. For **Clover Leaf Biscuits**, put 3 tiny balls of dough in each muffin ring.

(10) SOUR MILK BISCUITS

Sift together: 2 cups flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon soda.

Mix with $1\frac{1}{2}$ tablespoons shortening. Add 1 cup rich, **sour milk** or buttermilk. Stir lightly and drop into greased muffin tins. Bake twenty minutes in hot oven.

MAPLE BISCUITS

Prepare flour, shortening, sour milk, salt, and soda as for **Sour Milk Biscuit**, adding 1 well beaten egg, $\frac{3}{4}$ teaspoon allspice, and 1 cup shaved maple sugar or brown sugar with maple flavoring.

Mix and roll out, cut and bake in quick oven. Good, warm or cold.

EGG BISCUITS

Sift together 2 cups bread flour, 3 teaspoons baking powder, 1 teaspoon salt, and 1 tablespoon sugar. Work in with fingers or 2 knives, 2 tablespoons shortening. Add 1 egg yolk, slightly beaten, and mixed with $\frac{2}{3}$ cup milk, cutting it in with knives. Toss on floured cloth and knead five minutes. Shape in any way desired. Bake fifteen minutes at 400° F. Brush with milk or melted butter just before removing from oven.

SPANISH SWEET BUNS

2 eggs	1 cup flour
1 cup sugar	1 tablespoon cinnamon
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup sour milk
Bake like biscuits.	$\frac{1}{2}$ teaspoon soda

24 CHEESE BISCUITS OR ROLLS

3 cups flour	$4\frac{1}{2}$ level tablespoons butter
6 level teaspoons baking powder	1 cup milk
$\frac{3}{4}$ level teaspoon salt	$\frac{1}{2}$ cup cheese (grated)

The cheese may be added to dough with the butter after the dry ingredients are mixed, then add the milk. Or, the biscuits may be rolled very thin, buttered lightly, and two put together with cheese sprinkled between before baking. Or, if cheese rolls are preferred, roll dough $\frac{1}{4}$ inch thick. Sprinkle with about $\frac{3}{4}$ cup grated cheese. Roll as you would jelly roll. Cut slices $\frac{3}{4}$ inch thick, lay in greased pan, cut side down. Delicious with salads.

SWEET POTATO BISCUIT

Boil 4 medium-sized sweet potatoes. When done, drain, peel, mash fine with 1 tablespoon butter; add 2 cups sweet milk, 1 well beaten egg. Rub through sieve 1 teaspoon salt, 1 tablespoon sugar, 2 round teaspoons baking powder, and 2 cups flour. Add to potato mixture and mold into rather stiff dough. Roll out and cut with small biscuit cutter. Bake in hot oven. Excellent with maple syrup.

RAISIN BISCUITS

Rub $\frac{2}{3}$ cup shortening into 2 cups flour with which has been sifted 1 level teaspoon soda and $\frac{1}{2}$ teaspoon salt. Mix in 1 large cup **sour milk**. The dough should be right to handle, though rather soft. Soak 1 cup raisins in hot water for one-half hour previous to making dough. Flour the hands, pinch off balls of dough the size of an egg, and flatten on the hand. Place several raisins in the middle and fold together. Place folded side up in baking. Bake rather quickly and eat while hot, with butter. If desired, sweeten dough with any amount of sugar—1 tablespoon to 1 cup.

(18) CURRANT GEMS

Cream $\frac{1}{3}$ cup butter with $\frac{1}{3}$ cup sugar and the well beaten yolks of 2 eggs. Sift together 2 cups of flour, 3 teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of cinnamon, and add $\frac{2}{3}$ cup of currants. Add to the first mixture alternately with $\frac{3}{4}$ cup of milk. Fold in the 2 egg whites, beaten stiff, and turn into gem pans. Sprinkle cinnamon and sugar over the top of each gem, and bake half an hour in a moderate oven.

MARMALADE BISCUITS

Sift 2 cups flour, 4 teaspoons baking powder, and $\frac{1}{2}$ teaspoon salt together. Mix 1 egg, $\frac{1}{3}$ cup milk, and $\frac{1}{3}$ cup orange marmalade together. Add 2 tablespoons shortening to flour mixture, and mix in thoroughly with steel fork. Add liquid, stirring just enough to mix. Turn out on lightly floured board and roll to $\frac{1}{2}$ inch thickness. Cut into small biscuits, and bake in hot oven (425° F.) from eight to twelve minutes. (Makes 14 to 16 biscuits.)

DELICATE ORANGE BISCUITS (12 large)

Mix 2 tablespoons butter, 1 tablespoon orange juice, 1 tablespoon grated yellow orange rind and $\frac{1}{2}$ cup sugar. Cook several minutes till sugar is dissolved.

Make biscuits by sifting together 2 cups pastry flour, 4 teaspoons baking powder and $\frac{1}{2}$ teaspoon salt; lightly rubbing in 3 tablespoons butter, and then with two knives, cutting the mixture till it is lightly blended with $\frac{3}{4}$ cup cold milk.

Into buttered muffin pans put 1 heaping teaspoon of the dough, cover with 1 teaspoon of the orange syrup, then put another teaspoon of dough on top of each and bake in a hot oven. (Makes 12 large or 24 small biscuits.) Fine.

ORANGE BISCUITS (48 very small)

4 cups bread flour	$\frac{1}{3}$ cup shortening
3 tablespoons baking powder	$1\frac{3}{4}$ cups milk
1 teaspoon salt	48 lumps loaf sugar
Juice of 2 oranges	

Sift together flour, baking powder, and salt, cut in shortening with a knife, and add milk to make a soft dough. Roll $\frac{1}{2}$ inch thick, cut out with small round cutter and place close together on greased baking sheet. Dip lumps of sugar, one at a time into orange juice, and push down into each biscuit. Grate orange rind over the biscuits and bake in hot oven. (The orange juice makes it necessary to use the large amount of baking powder.) Half an orange section may be placed in each biscuit with the sugar.

BUTTERSCOTCH BISCUITS OR ROLLS

Make dough as for Orange Biscuits omitting half the baking powder. Roll thin, spread with $\frac{2}{3}$ cup butter, creamed and mixed with $1\frac{1}{2}$ cups brown sugar. Roll up like a jelly roll, cut off pieces 1 inch thick, put in greased muffin pans, and bake fifteen minutes.

SCOTCH SCONES

Add 3 teaspoons baking powder to 2 cups flour and $\frac{1}{2}$ cup sugar. Rub into the dry ingredients $\frac{1}{4}$ cup butter. Combine 2 well beaten eggs with $\frac{1}{2}$ cup thin cream, and add to first mixture. Make into biscuits, or cut in squares and fold over into triangle shapes. Bake in a hot oven. Serve hot.

EDINBURGH BUTTERMILK SCONES

4 cups of flour	2 tablespoons of sugar
3 teaspoons of baking powder	2 tablespoons of lard
$\frac{3}{4}$ teaspoon of salt	$\frac{1}{4}$ cup of raisins
2 tablespoons of butter	1 egg
1 cup of milk or buttermilk	

Sift together the flour, salt, and baking powder. Wash the raisins and add to dry ingredients. Add sugar. Rub in butter and lard. Beat the egg and add milk to it, then mix all together to form a wet dough. Turn onto a floured board and knead lightly. Roll out to $\frac{1}{2}$ inch thickness, cut into triangular pieces, and bake in a moderate oven (400° F.) for twenty minutes. These are good either hot or cold.

GRIDDLE SCONES

2 cups flour	$\frac{1}{2}$ cup butter
2 teaspoons baking powder	1 egg
$\frac{1}{2}$ teaspoon salt	Milk
2 tablespoons sugar	$\frac{1}{2}$ cup seedless raisins

Sift dry ingredients. Rub in the butter. Add the beaten egg, and milk enough to make a soft dough. Add raisins. Roll dough $\frac{1}{2}$ inch thick; cut in squares or use biscuit cutter; bake ten to fifteen minutes on the well greased griddle. Turn once to brown both sides. Split and butter them, serve while hot with preserves or jam.

PEANUT SCONES

2 cups flour	4 tablespoons peanut butter
$\frac{3}{4}$ teaspoon salt	1 tablespoon butter
4 teaspoons baking powder	$\frac{2}{3}$ cup milk

Rub the butters into the mixed dry ingredients. Add sugar if liked. Add milk gradually. Drop into buttered gem tins. Or, add 1 egg and use only $\frac{1}{2}$ cup milk, and roll dough. Cut into squares and fold over in three-cornered shape. Two tablespoons sugar may be added if liked sweetened slightly.

(8) SNOW MUFFINS

$\frac{1}{2}$ tablespoon butter	1 cup milk
1 tablespoon sugar	$1\frac{1}{2}$ cups flour
Whites of 2 eggs	1 saltspoon salt
$1\frac{1}{2}$ teaspoons baking powder	

Sift flour, salt, and baking powder four times. Cream butter and sugar with a little milk, add whites of eggs well beaten, rest of milk and last of flour. After thoroughly mixing, bake in hot gem pans for from twenty to thirty minutes.

ONE-EGG MUFFINS (Sweet)

Sift together three times 2 cups flour, 2 teaspoons baking powder, 1 teaspoon salt, and $\frac{1}{2}$ cup sugar. Stir to smooth batter with $\frac{1}{4}$ cup melted lard, 1 egg well beaten, and 1 cup milk. Fill muffin pans two-thirds full, and bake in slow oven until raised. Finish baking in hot oven.

(12) BREAKFAST MUFFINS (White)

1 pt. white flour (or $\frac{1}{2}$ graham or $\frac{1}{4}$ bran)	1 cup milk
4 teaspoons baking powder	2 tablespoons melted butter
$\frac{1}{2}$ teaspoon salt	1 egg beaten separately and folded in
2 tablespoons sugar	

May be mixed at once in order given or, if wanted for breakfast, sift dry ingredients together in the evening then add the rest, gradually in order given, in the morning. Bake twenty minutes in rather quick oven. Two-thirds cup cooked cereal may be substituted for $\frac{1}{3}$ cup of the flour.

WHITE CRUMB MUFFINS

2 cups stale bread crumbs	2 teaspoons baking powder
$1\frac{1}{4}$ cups milk	$\frac{1}{2}$ teaspoon salt
1 cup flour	2 eggs
1 tablespoon shortening	

Soak bread crumbs in cold milk ten minutes; add flour, baking powder, and salt which have been sifted together; add well beaten eggs and melted shortening; mix well. Heat muffin tins, grease and drop 1 tablespoon batter into each. Bake twenty to twenty-five minutes in hot oven (425° F.).

(12) RYE MUFFINS

Sift together 1 cup rye flour, 1 cup white flour, 1 teaspoon salt, and 3 level teaspoons baking powder. Beat up 1 egg, add 1 cup milk and combine with dry ingredients. Add 1 tablespoon molasses and 1 tablespoon melted fat. Bake in hot, well greased muffin pans twenty-five minutes at 425° F.

(10) POPOVERS

1 cup flour
 $\frac{1}{4}$ teaspoon salt

1 cup milk
 1 egg

Sift together flour and salt. Add milk gradually, stirring till smooth. Drop in egg (beaten) and beat with egg-beater till smooth. If at all lumpy, strain, but beat well just before pouring into pans, as the batter is thin and the lightness depends upon beating and starting to bake quickly. Pour from a pitcher into highly greased, very hot, heavy muffin tins (iron, glass, earthen, or heavy aluminum), so the dough starts cooking at once. For crisp shell start in hot oven (450° F.) for about twenty minutes and when completely risen bake slowly (300°) about twenty minutes or till done. If liked softer use moderate oven (350°) about thirty-five minutes.

GRAHAM PUFFS

1 cup graham flour

$\frac{1}{4}$ teaspoon salt

1 cup milk

Into the freshly sifted graham flour stir the milk. Add the salt, beat well with an egg-beater, and pour into hot gem tins which have been well greased. Bake in a hot oven. Do not add more flour.

GLUTEN MUFFINS

2 cups gluten flour

1 egg

3 teaspoons baking powder

1 tablespoon butter

2 cups milk

Sift together flour and baking powder. Add beaten egg and melted butter to milk. Mix together well and bake in greased muffin tins in moderate oven about thirty-five minutes.

(12) CORN MEAL MUFFINS

$\frac{3}{4}$ cup corn meal

2 tablespoons sugar

$1\frac{1}{4}$ cups flour

1 cup milk

4 level teaspoons baking powder

2 tablespoons shortening

$\frac{1}{2}$ teaspoon salt

1 beaten egg (white folded in last)

Sift dry ingredients. Add milk, melted shortening, and beaten egg. Greased hot iron muffin pans are best. Bake thirty-five minutes in rather hot oven (375° F.).

(6) OATMEAL GEMS OR MUFFINS

$\frac{1}{2}$ cup cooked oatmeal

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ cup milk

$1\frac{1}{2}$ teaspoons baking powder

1 egg

1 teaspoon sugar

$\frac{1}{2}$ cup flour

1 tablespoon shortening

Mix oatmeal with milk. Add beaten egg, and then the flour, sifted with all the other dry ingredients. Lastly add the melted shortening. Bake about twenty-five minutes at 350° F.

(8) GRAHAM GEMS

1 egg	1 cup sour milk
2 tablespoons sugar	1 teaspoon soda
1 tablespoon lard	1 cup graham flour
$\frac{1}{2}$ teaspoon salt, scant	$\frac{1}{2}$ cup white flour

(18) BRAN GEMS

$\frac{1}{4}$ cup sugar	1 pt. sour milk
2 cups bran	1 teaspoon soda
$1\frac{1}{2}$ cups flour (white or whole wheat)	1 tablespoon melted butter
$\frac{1}{2}$ teaspoon salt	2 eggs

Add soda to sour milk, add butter, beaten eggs, then dry ingredients mixed together. Bake in greased tins about twenty-five minutes at 350° F.

One-half cup raisins, prunes, dates, or conserve may be added. Sweet milk may be used if 2 teaspoons baking powder is substituted for the soda, and an extra $\frac{1}{2}$ cup flour is added.

(12) ALL-BRAN MUFFINS

2 tablespoons shortening	1 cup All-bran or Health Bran
$\frac{1}{4}$ cup sugar (or less)	1 cup flour
1 egg (slightly beaten)	$\frac{1}{2}$ teaspoon soda
1 cup sour milk or butter-milk	$\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder	

Cream shortening with sugar, then add egg and bran. Mix and sift flour, soda, salt, and baking powder. To the sugar mixture alternately add the milk and flour mixture. Bake in heavy, hot, greased muffin rings in a moderate oven (370° F.) about twenty minutes.

If sweet milk is used, omit soda and add 2 extra teaspoons baking powder. Add dates or raisins if desired.

(48) MOLASSES BRAN MUFFINS

$\frac{3}{4}$ cup shortening	2 cups graham flour
3 eggs	2 cups white flour
2 cups molasses or syrup	3 teaspoons soda
2 cups hot water	1 teaspoon salt
2 cups bran	$\frac{1}{2}$ lb. seeded raisins
$\frac{1}{2}$ lb. chopped dates	

(18) SWEET BRAN MUFFINS

1 cup sugar	$\frac{1}{2}$ teaspoon cream of tartar (in flour)
$\frac{1}{2}$ cup butter	2 cups bran
2 eggs	2 cups flour
1 cup sour milk	$\frac{1}{2}$ cup raisins (in the flour)
1 teaspoon soda	

Cream the sugar and butter, add eggs, milk with soda, then the other ingredients mixed together. Bake about twenty minutes in moderate oven. Fine.

CRUMB BRAN MUFFINS

1 cup dried, ground bread crumbs	2 tablespoons molasses
$\frac{1}{2}$ cup bread flour	1 teaspoon salt
2 cups bran	2 cups buttermilk
	1 egg
	$\frac{1}{8}$ teaspoon soda

Put together the dry ingredients, then combine the egg, lightly beaten, the molasses, buttermilk, and soda. Mix into dry ingredients, and bake about twenty-five minutes in moderate oven.

24 MATCHLESS RICE MUFFINS

1 cup boiled rice	$\frac{1}{2}$ teaspoon salt
1 cup milk	2 teaspoons sugar
2 eggs	3 teaspoons baking powder
5 tablespoons melted butter	$1\frac{1}{2}$ cups flour

Mix rice, milk, beaten eggs, melted butter, and beat well. Put salt, sugar, and baking powder into flour and sift into batter. Bake in hot greased muffin pans for twenty-five minutes at 400° F.

DATE-RICE MUFFINS

Use above recipe for Rice Muffins, with half the amount of butter, and beating the eggs separately. Add the cup of chopped dates, and fold in the stiff whites last.

DATE MUFFINS (2 eggs)

3 tablespoons butter	2 cups flour
3 tablespoons sugar	3 teaspoons baking powder
2 eggs	1 cup chopped dates
$\frac{3}{4}$ cup milk	Pinch of salt

Melt the butter, add the sugar, beat in the egg-yolks, add the milk and other ingredients, reserving the stiffly beaten egg-whites till the last. Bake in a hot oven about twenty minutes.

PAT'S FAVORITE DATE MUFFINS (1 egg)

$\frac{1}{3}$ cup butter	1 egg
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ teaspoon salt	2 cups flour mixed with
$\frac{1}{4}$ lb. dates	4 teaspoons baking powder

Cream butter, add salt and sugar gradually, then the chopped dates. Mix the beaten egg with the milk, and alternate with flour in adding to sugar mixture. Beat well, then fold in the baking powder. Bake in hot greased tins in hot oven twenty minutes.

DATE ROLLS

2 cups flour	3 tablespoons shortening
$\frac{1}{2}$ teaspoon salt	1 egg (slightly beaten)
1 tablespoon sugar	$\frac{3}{4}$ cup milk (scant)
4 teaspoons baking powder	$\frac{1}{2}$ cup chopped dates
Lemon juice, butter and sugar	

Sift dry ingredients and rub or cut in the shortening, then add the egg mixed with the milk, handling lightly as for biscuits. Roll $\frac{1}{2}$ inch thick and spread with dates, sugar, melted butter, and a few drops of lemon juice. Roll up like a jelly roll and cut in $\frac{1}{2}$ -inch slices. Lay the slices in a shallow greased pan, and bake in a rather hot oven about twenty minutes.

CINNAMON TWISTS

2 cups flour	5 tablespoons butter
5 teaspoons baking powder	$\frac{1}{2}$ cup milk
1 teaspoon salt	1 cup chopped raisins
5 tablespoons sugar	$\frac{1}{4}$ cup chopped nuts
$\frac{1}{2}$ teaspoon cinnamon	

Sift flour, baking powder, salt, and 3 tablespoons of sugar together. Cut in the butter, and add the milk slowly to make a soft dough. Roll out on a floured board to $\frac{1}{4}$ inch thickness. Brush over with melted butter. Sprinkle with raisins, nuts, and remaining 2 tablespoons sugar and cinnamon. Roll like a jelly roll and cut in $\frac{3}{4}$ -inch slices. Put in a greased pan cut side down and bake in a quick oven (425° F.) for fifteen to twenty minutes. Serve hot. Makes 8 to 10 twists.

APPLE MUFFINS

3 tablespoons butter	3 teaspoons baking powder
$\frac{1}{3}$ cup sugar	2 cups flour
1 egg	2 cups sliced apples
$\frac{3}{4}$ cup milk	Pinch salt
Bake in muffin pans about thirty-five minutes at 350° F.	

(8) BERRY MUFFINS

- | | |
|-------------------------------------|------------------------|
| 1 cup flour | 2 tablespoons sugar |
| $\frac{1}{2}$ cup whole wheat flour | 2 tablespoons butter |
| 3 teaspoons baking powder | $\frac{3}{4}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | 1 egg |
| 1 cup fresh berries (any kind) | |

Mix dry ingredients carefully together except the sugar. Cream sugar with the butter. Add milk and beaten egg to butter and sugar mixture, and blend well. Mix berries with dry ingredients and combine mixtures. Bake in muffin tins, about thirty minutes in moderate oven.

(10) RASPBERRY MUFFINS (Sweet)

- | | |
|---|--|
| $\frac{3}{4}$ cup sugar (less if desired) | 1 teaspoon cinnamon |
| 3 tablespoons butter | $1\frac{1}{2}$ cups flour |
| 1 egg | 1 teaspoon soda |
| 1 cup sour milk | 1 cup raspberries (fresh
without extra juice) |
| $\frac{1}{2}$ teaspoon salt | |

Cream sugar and butter together. Add egg well beaten and milk, and then salt, cinnamon, flour, and soda sifted together. Lastly add berries, floured. Bake in muffin tins in a moderately hot oven (375° F.) thirty minutes.

PINEAPPLE MUFFINS

- | | |
|-----------------------------|--|
| 3 cups flour | $\frac{1}{2}$ cup sugar |
| 3 teaspoons baking powder | 1 cup milk |
| 2 eggs | $\frac{1}{4}$ teaspoon soda |
| $\frac{1}{2}$ cup butter | 1 cup shredded pine-
apple, drained |
| $\frac{1}{2}$ teaspoon salt | |

Beat the eggs. Add soda to pineapple. Stir it into the flour, baking powder, and salt mixed together. Cream the butter and sugar, add milk and eggs. Mix all together and bake as berry muffins.

(18) NUT AND RAISIN ROLLS

- | | |
|-----------------------------|------------------------|
| $2\frac{1}{2}$ cups flour | $\frac{2}{3}$ cup milk |
| 4 teaspoons baking powder | Butter |
| $\frac{1}{2}$ teaspoon salt | Raisins |
| 1 tablespoon sugar | Chopped nuts |
| 5 tablespoons shortening | Sugar |
| 1 egg | Egg yolk |

Sift flour, baking powder, salt, and sugar together. Add melted shortening and beaten egg to milk, and add to dry ingredients, mixing well. Turn out on floured board and knead lightly. Roll out very thin. Spread with butter and sprinkle with raisins,

chopped nuts and small amount of granulated sugar. Cut into about 4-inch squares. Roll up each as for jelly roll. Press edges together, brush over with yolk of egg mixed with a little cold water and sprinkle with nuts and sugar, and allow to stand in greased pan about fifteen minutes. Bake in moderate oven (400° F.) from twenty to twenty-five minutes.

DANISH RAISIN PASTRIES

2 cups flour	1 tablespoon milk
1 teaspoon salt	3 tablespoons shortening
½ cup shortening	1 cup chopped raisins
1 egg	½ cup chopped nuts
3 tablespoons sugar	

Mix and sift flour and salt. Cut in ½ cup shortening with a knife. Beat the egg and milk together and mix with the dry ingredients, adding only enough liquid to hold the mixture together. Turn out on slightly floured board, roll out thin, and spread with 3 tablespoons softened shortening. Cut in 4-inch squares and sprinkle with raisins, nuts, and sugar. Roll like a jelly roll and press edges together. Place rolls on a baking pan, cover with a clean, damp cloth and place in the ice chest until ready to bake (they can stand three hours). Brush tops with yolk of egg mixed with a little milk and sprinkle with sugar. Bake in a quick oven (425° F.) for twenty to twenty-five minutes. Serve hot.

DIXIE APPLE COBBLER

Grease baking dish or large skillet with 2 tablespoons of butter. Fill skillet with 4 to 6 apples, cut small as for pie. Spread 1½ cups brown sugar over the apples.

Make a batter as follows: Beat together 3 eggs, 3 tablespoons cold water, 1½ cups flour, 2 teaspoons baking powder, ¾ cup sugar, grated rind of 1 lemon. Pour the batter over brown sugar and apples. Bake in slow oven until done.

PEACH COBBLER

Put 1 qt. sliced juicy peaches into a deep, buttered baking dish, and add 1 cup sugar mixed with 1 round tablespoon flour. Mix and sift together 1½ cups flour, 1 round teaspoon baking powder. Work into mixture ¼ cup butter and mix to a dough with ⅓ cup milk. Turn on a well floured board and roll to fit the top of the dish. Lay on top of fruit, making several incisions. Bake in moderate oven. Serve with cream.

DUTCH PEACH OR PRUNE CAKE

Mix and sift together 2 cups flour, 3 tablespoons sugar, $2\frac{1}{2}$ teaspoons baking powder, and $\frac{1}{8}$ teaspoon salt. Work into this with the fingers $\frac{1}{3}$ cup butter. Beat 1 egg and add to it $\frac{3}{4}$ cup milk and stir into the sifted flour-mixture. Turn into a well greased, shallow baking pan, and arrange across the top halved prunes which have been soaked and cooked.

Fresh, peeled peaches, or apples cut in eighths may be used. A few dried currants may be sprinkled on top of fruit.

Press the fruit, skin side down, into the dough, sprinkle over all a little granulated sugar and cinnamon, dot with bits of butter, and bake in moderately hot oven for about twenty to thirty minutes. Serve hot with a sauce or with sweetened whipped cream.

SWEET MILK COFFEE CAKE

1 egg	2 teaspoons baking powder
1 cup milk	1 cup sugar
2 cups flour	Pinch of salt
1 tablespoon lard or butter	

Mix, put in greased pan, sprinkle with crumb mixture, and bake in moderate oven.

Crumbs:

3 round tablespoons brown sugar	1 tablespoon cinnamon
1 round tablespoon flour	1 teaspoon butter

Mix smooth between fingers. Fine.

SOUR MILK COFFEE CAKE

1 cup sugar	1 cup sour milk
1 tablespoon lard (round)	1 egg beaten light
$\frac{1}{2}$ teaspoon nutmeg or cinnamon	2 cups flour
1 teaspoon lemon juice	1 level teaspoon soda
$\frac{1}{2}$ teaspoon salt	2 level teaspoons baking powder

Top Mixture

$\frac{3}{4}$ cup brown sugar	2 teaspoons butter
$\frac{1}{2}$ cup flour	(1 tablespoon cinnamon if liked)

Sift flour, baking powder, salt, spices together. Cream sugar and lard, adding lemon juice and well-beaten egg. Add milk in which the soda has been dissolved. Add dry mixture slowly. Bake in moderate oven. Mix and spread **Top Mixture** over cake before baking. Or, cover the top with halved cooked prunes or other fruit (skin side down), and sprinkle with sugar, cinnamon, and dots of butter before baking. Press fruit well into the dough. Only dried fruit needs to be cooked first.

SUNDAY MORNING HOT BREAD

$\frac{3}{4}$ cup sugar
2 tablespoons butter
 $\frac{1}{4}$ teaspoon salt
1 egg beaten

$\frac{2}{3}$ cup milk
 $1\frac{1}{2}$ cups flour
3 teaspoons baking powder
1 teaspoon vanilla

Cream sugar, butter, and salt. Add egg, milk, and vanilla, then the flour and baking powder mixed. Spread in 2 cake pans, or just one if preferred higher, and sprinkle top liberally with a mixture of sugar and cinnamon. Bake twenty-five minutes in 400° F. oven.

PLAIN COFFEE CAKE (without Egg)

2 cups flour
 $\frac{1}{2}$ teaspoon salt
2 tablespoons sugar

4 teaspoons baking powder
 $\frac{1}{2}$ cup milk
2 tablespoons shortening

Mix and sift dry ingredients. Add melted shortening and enough milk to make a very stiff batter. Spread $\frac{1}{2}$ inch thick in greased pan, add top mixture, and bake about a half hour in moderate oven.

Top Mixture

2 tablespoons flour
1 tablespoon cinnamon

4 tablespoons sugar
4 tablespoons shortening

Mix dry ingredients; rub in the shortening, and spread thickly over top of dough before baking.

DELICATE STRAWBERRY SHORTCAKE (for 3 or 4)

2 cups flour
 $\frac{1}{2}$ teaspoon salt
2 tablespoons sugar

4 teaspoons baking powder
3 tablespoons shortening
1 egg

$\frac{1}{2}$ cup milk

Sift dry ingredients, mix in shortening; add beaten egg to milk, and add to dry ingredients to make soft dough. Spread thin as possible in greased pan. Or smooth one-half of dough out lightly, put into greased, deep layer tin; brush with butter; cover with other half of dough which has also been smoothed out to fit pan. Bake in hot oven twenty to twenty-five minutes. Split while hot, and spread crushed and sweetened berries and whipped cream between layers; cover top with whipped cream or berries. A sauce also may be used: Mix $\frac{1}{3}$ cup sugar, 2 tablespoons corn-starch, 1 pt. water and cook carefully fifteen minutes.

OLD FASHIONED SHORTCAKE (6 or 8)

1 qt. flour	1 teaspoon salt
3 round teaspoons baking powder	2 tablespoons lard
2 tablespoons sugar	2 tablespoons melted butter
	2 beaten eggs
	1 cup milk

Mix and bake same as Delicate Shortcake (page 380), or roll out like biscuits.

SWEET SHORTCAKE

Sift $2\frac{1}{2}$ cups flour, then stir in 1 scant cup sugar. Add 2 teaspoons baking powder and pinch salt. To this add 1 cup milk and 1 egg well beaten. Then add 2 tablespoons butter in 2 tablespoons hot water. Bake in 2 layers.

APRICOT SPONGE SHORTCAKE

1 cup apricot pulp	1 egg white
$\frac{1}{2}$ cup sugar	1 tablespoon gelatin
1 tablespoon lemon juice	1 tablespoon cold water
Sponge cake and whipped cream	

Combine apricot pulp, sugar, lemon juice, and egg white. Add the gelatin, which has been softened in cold water and dissolved over steam.

Beat the mixture until it is stiff enough to hold its shape. Spread half of it on a layer of sponge cake and let stand in a cold place until firm. Cover with a second layer of cake and pile the rest of the apricot mixture on top. Garnish with pieces of apricot.

HUCKLEBERRY ROLY POLY

(Any seasonable fruit may be substituted for huckleberries, or use canned fruit or stewed raisins or other dried fruits.)

$2\frac{1}{2}$ cups flour	2 level tablespoons Crisco
4 level teaspoons baking powder	$\frac{1}{4}$ cup sugar
1 teaspoon salt	1 cup milk
	1 egg

Sift together flour, baking powder, and salt. Cream together Crisco and sugar. Add the milk slowly. Then stir in dry ingredients. Lastly add the egg, well beaten, and mix in thoroughly. Roll to a thickness of about $\frac{1}{2}$ inch. Spread surface with butter, then cover with huckleberries. Roll up, handling it lightly, and press edges together. Place it in the center of a baking pan which has been greased with Crisco. Spread butter over the top and sides of the roll. Bake in a hot oven (400° F.) about thirty minutes; then reduce the heat to moderate (325° F.), and finish baking. Serve with hot sauce or hard sauce as preferred, or use both.

STRAWBERRY ROLL

Use above recipe or any favorite shortcake dough. Spread with butter and sliced, sweetened strawberries; roll and bake as above. Serve with Strawberry Hard Sauce:

Beat $\frac{1}{3}$ cup butter to a cream, then add slowly 1 cup powdered sugar. Then add alternately and gradually another cup sugar and $\frac{1}{2}$ cup crushed berries; work slowly to prevent separating.

Extra Recipes

Griddle Cakes, Waffles, Fritters

GRIDDLE CAKES

When a drop of water, dropped on the griddle, rolls around like a bead, the iron is hot enough for griddle cakes or waffles. When the griddle is greased, the batter should be added as soon as the fat starts to smoke; do not wait till a heavy smoke rises. Another test may be made with butter—when a tiny bit dropped on the griddle quickly turns light brown, the griddle is hot enough.

Griddle cakes baked on an *ungreased* griddle are more healthful on account of the absence of burned fat; but the crisp, rich crust which forms when a *well-greased* griddle is used makes the cakes taste better and they are not especially injurious if the fat is watched carefully. For greasing the griddle, use a piece of salt pork rind or a slice of bacon on a fork, or cooking fat or oil applied with a piece of cloth on a fork. A pastry brush is excellent, except that the bristles are apt to singe if the griddle becomes too hot. To avoid the smoking grease, the griddle may be rubbed over with the cut side of a potato; no fat will then be necessary. Keep the griddle wiped clean with soft paper. If the griddle is not greased, several tablespoons of melted shortening must be used in the batter. A bit of sugar or molasses in the batter makes the cakes brown better. A small amount of corn meal added to white pancakes give them a richer color and more tender texture. The chief ingredients of pancake batter should be cold and the mixture kept cool till the last cake is made, or the leavening loses its power.

Pour or drop the batter in any amount desired; turn the pancakes when the top side begins to bubble and the under side is firm and brown. Pancakes may be served with syrup, honey, or any kind of sugar, jelly, apple butter, or bacon grease or hot fat from salt pork; they may also be served with crisp bacon, or salt pork or sausage and fried apples, or quartered apples baked with strips of bacon on top.

(Recipes are for 4 or 5 persons unless otherwise specified.)

SOUR MILK GRIDDLE CAKES

Mix and sift $2\frac{1}{2}$ cups flour, 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt, and $1\frac{1}{4}$ teaspoons soda. Add 2 to 4 tablespoons melted butter, 2 cups **sour milk**, and 1 egg well beaten. Bake on a hot griddle. A handful of corn meal or crisp flakes makes the cakes lighter.

TWO-EGG GRIDDLE CAKES (for 3)

$1\frac{3}{4}$ cups flour	1 teaspoon sugar
$\frac{1}{2}$ teaspoon salt	2 eggs
3 teaspoons baking powder	$1\frac{1}{4}$ cups milk
3 tablespoons melted butter	

Mix and sift dry ingredients, add beaten eggs, milk, and melted shortening. Mix well.

WHITE HOUSE GRIDDLE CAKES

2 eggs	$\frac{1}{4}$ cup corn meal
1 cup sour cream	$\frac{1}{2}$ teaspoon salt
1 cup sour milk	$\frac{1}{2}$ teaspoon sugar
1 cup flour	1 level teaspoon soda
$\frac{3}{4}$ cup whole-wheat flour	2 teaspoons baking powder

Mix ingredients in the order named, sifting dry ingredients together. If sweet cream and milk are used, omit the soda, and add one extra teaspoon baking powder and $\frac{1}{2}$ cup flour.

BREAD PANCAKES (Moist)

Soak 2 cups bread crumbs in 1 cup rich milk; add 1 heaping teaspoon sugar, 1 teaspoon salt, 2 tablespoons melted butter, 2 beaten eggs; sift into the mixture 1 cup flour, 1 teaspoon baking powder, 1 teaspoon soda; add 1 cup sour milk and bake on hot griddle.

CORN MEAL PANCAKES

1 cup corn meal	1 pt. buttermilk
$\frac{1}{2}$ cup flour	1 tablespoon melted butter
2 teaspoons baking powder	1 handful crisped corn flakes
1 teaspoon soda	may be added just before
Pinch of salt	frying

Mix in order given.

BRAN CAKES

1 cup flour (more if needed)	1 or 2 eggs
$\frac{1}{2}$ cup bran	2 tablespoons melted butter
$\frac{1}{2}$ cup corn meal	1 teaspoon soda
2 teaspoons baking powder	1 pt. sour milk

Mix in order given.

RICE-CORN MEAL CAKES

Sift together 1 cup corn meal, about $\frac{1}{2}$ teaspoon salt, and 2 teaspoons baking powder. Add 1 cup cooked rice and mix carefully, without mashing; then add 2 beaten eggs, $1\frac{1}{2}$ cups milk, and 1 tablespoon melted butter. Beat thoroughly and bake in cakes or

large rings on a heated, well greased griddle. Turn once while baking. Add more milk if needed.

RICE GRIDDLE CAKES

1 cup cooked rice	2 tablespoons fat
1½ cups hot milk	2 eggs
½ cup flour	½ teaspoon salt
3½ teaspoons baking powder	

Add the hot milk to the rice, then the fat, flour, salt, and baking powder. Beat the eggs until well blended and light, and add to the mixture. Mix thoroughly and drop at once on a hot griddle. Serve hot with maple syrup, marmalade, or honey.

OLD FASHIONED FLANNEL CAKES (for 6)

3 cups flour	3 eggs beaten separately
½ teaspoon baking powder	2 tablespoons melted butter
1 teaspoon salt (scant)	1 pt. thick, rich, sour milk
1 teaspoon sugar	3 cups flour
1 teaspoon soda	

Mix all except soda and let stand one hour. Just before using, add the soda dissolved in 1 tablespoon hot water. If desired, save ½ cup batter for next day's mixing and add it with the milk.

BUCKWHEAT CAKES (Yeast)

One pt. lukewarm water (or scalded and cooled milk) and enough buckwheat (about 1¾ cups) for a thin batter. Add ½ cake compressed yeast softened in 2 tablespoons warm water. Let stand over night in a warm place. In the morning add ½ teaspoon salt, 1 tablespoon molasses, and ½ teaspoon soda dissolved in 1 tablespoon warm water. (Save ½ cup to start the next mixture instead of using yeast.) Corn meal (½ cup) may be substituted for ½ cup of the buckwheat—it gives a richer color and flavor, and better texture. It may be stirred into the hot liquid before cooling to lukewarm.

BUCKWHEAT CAKES (Baking Powder)

2 cups buckwheat flour	2½ cups milk (or milk and
1 cup flour	water)
6 teaspoons baking powder	2 tablespoons melted short-
1½ teaspoons salt	ening
1 tablespoon molasses	

Sift together flours, baking powder, and salt; add molasses and shortening to liquid; beat well. Bake on hot, slightly greased griddle, turning only once.

GERMAN POTATO CAKES**No. 1**

Peel and grate 6 or 8 large raw potatoes, add $\frac{1}{2}$ cup boiling milk or hot cream; beat into this 3 eggs, 1 teaspoon salt, and 1 cup bread or cracker crumbs. If liked, add a little grated onion, and use only 2 eggs. Bake like pancakes. Spread rather thin.

No. 2

Grate or grind together 8 or 9 large raw potatoes and 1 onion; add 1 teaspoon salt, 2 or 3 eggs beaten separately. Fry in plenty of hot fat.

FRENCH PANCAKES

Beat 2 egg yolks until light and add to them 2 cups milk, 2 teaspoons sugar, 1 cup sifted flour, 1 pinch salt. Beat and then add the stiffly beaten whites of the eggs and 2 tablespoons melted butter. Pour enough batter into a small, greased frying pan to cover the bottom. Brown, turn and brown on the other side. Slide out onto a paper covered with powdered sugar. Spread with jelly, roll, and serve immediately. Place the lapped edge of the roll on the bottom to keep it from opening.

TOMATO CAKES

1 cup canned tomatoes	1 teaspoon sugar
1 tablespoon melted butter	1 teaspoon baking powder
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ teaspoon paprika

Mix all ingredients together, adding 1 or 2 tablespoons flour if needed. Bake on griddle or a frying pan with a spoonful of bacon fat. Fine with liver and bacon.

WAFFLES

The waffle iron may be tested the same as a pancake griddle. Heat an electric iron about ten minutes before starting to add batter. When baking waffles, keep the iron closed till no more steam escapes from between the griddles—about two minutes for thin batter, and two to three minutes for thick batter. Heat the iron a minute between each baking. The iron may be greased if preferred. See directions for Griddle Cakes.

SOUR MILK WAFFLES (for 2)

$1\frac{1}{4}$ cups flour	2 beaten yolks
$\frac{1}{2}$ teaspoon soda	1 cup sour milk
$\frac{1}{2}$ teaspoon salt	3 tablespoons melted butter
	2 beaten whites

Mix dry ingredients. Mix milk, yolks, and butter and add. Then fold in whites, and bake on hot waffle iron.

(SWEET MILK) WAFFLES

2 $\frac{1}{4}$ cups sifted pastry flour	2 to 4 tablespoons melted butter
1 tablespoon sugar (may omit)	$\frac{1}{2}$ teaspoon salt
3 teaspoons baking powder	1 $\frac{1}{2}$ cups milk
2 eggs beaten separately	

Sift flour, then measure, add baking powder, salt, and sugar. Sift three times, add well beaten eggs, milk and melted butter. Beat hard; fry on a hot, well greased iron. (3 or 4 people.)

RICE WAFFLES

Stir 1 cup cooked rice into 1 pt. sweet milk; add 2 tablespoons melted butter and 2 well beaten eggs; sift together 1 cup flour, 1 teaspoon salt, and 1 teaspoon baking powder; add gradually to the first mixture, stirring together until you have a thin, light batter.

SOUR CREAM WAFFLES

2 eggs	$\frac{1}{2}$ teaspoon soda
$\frac{3}{4}$ cup sour milk	1 teaspoon baking powder
$\frac{3}{4}$ cup sour cream	1 $\frac{1}{2}$ cups pastry flour

Beat the egg yolks with the milk and cream, add the sifted dry ingredients, and fold in the beaten egg whites last. This makes particularly fine waffles.

ORANGE WAFFLES

1 cup flour	4 tablespoons sugar
$\frac{1}{2}$ teaspoon salt	2 eggs
2 teaspoons baking powder	Juice of one orange, fill cup with
6 tablespoons melted butter	water, making 1 cup liquid

Sift together dry ingredients; add well beaten egg yolks together with butter and liquid. Beat well. Fold in stiffly beaten egg whites and bake on a hot iron to a golden brown.

FRITTERS

If the fritter batter is to be used plain or with chopped fruits stirred in, the batter should be thick enough to keep its shape when dropped by spoonfuls into the frying-kettle. If it is to be used as a cover for whole or sliced fruit, the batter should be thin. Fritters should be fried in deep fat (350°-385° F.) hot enough to brown a piece of bread in forty seconds. It takes from one to two minutes for fritters to fry—depending upon ingredients.

PLAIN FRITTER BATTER

1½ cups flour	1 egg (2 eggs, beaten separately, may be used with 1
2 teaspoons baking powder	teaspoon baking powder)
¼ teaspoon salt	
⅔ cup milk	

Sift dry ingredients together; gradually add beaten egg yolks and milk mixed together; beat till smooth, and fold in the beaten whites. Omit ½ cup flour if batter is used to coat slices of fruit.

APPLE FRITTERS

4 large apples	2 teaspoons powdered sugar
1 teaspoon lemon juice	

Peel and core apples, and cut into ring slices; add sugar and lemon juice. Dip each slice into plain fritter batter. The apples may be chopped and mixed with the sugar and juice, then mixed into the plain batter. Fry light brown in deep fat. Drain on towel or brown paper and sprinkle with powdered sugar.

BANANA FRITTERS

Let 3 bananas stand a few minutes sprinkled with 1 tablespoon sugar and 1 tablespoon lemon juice. Press through colander. Mix and sift 1 cup flour, 2 teaspoons baking powder, ¼ teaspoon salt. Add 1 egg beaten separately, ¼ cup milk and mashed bananas. Drop, fry, drain, and roll in powdered sugar.

CORN FRITTERS (for 6)

One pt. fresh or boiled corn scraped from cob (omit milk if juicy canned corn is used), ½ cup flour, ½ cup milk, 1 tablespoon melted butter, 2 eggs well beaten (the whites may be folded in last), 1 teaspoon salt, pinch of pepper, 1½ teaspoons baking powder. Drop into deep fat (350° F.) or fry on griddle.

CORN FRITTERS (for 8)

One can corn, 2 eggs, 1¼ cups milk, a little salt, and 2 teaspoons baking powder. Stiffen with flour enough to drop from a spoon in a soft lump. Drop in hot lard. This recipe has more batter in proportion to the corn, and makes a larger quantity.

CORN FRITTERS WITHOUT EGGS

2 tablespoons melted butter	½ teaspoon salt
1 can corn	3 tablespoons milk (a little
1 cup flour	more with fresh or boiled
1½ teaspoons baking powder	corn)

Drop in hot fat.

PINEAPPLE FRITTERS

1½ cups flour	1 egg (beaten)
2 teaspoons baking powder	⅔ cup milk
¼ teaspoon salt	

Mix dry ingredients, add milk, then egg, and beat hard. Add about 1 cup drained grated pineapple, and drop several tablespoons at a time into deep hot fat (about 370° F.). Turn often till brown; drain, and roll in powdered sugar.

PEACH FRITTERS

1 cup flour	⅓ cup milk
1 teaspoon baking powder	1 egg
¼ teaspoon salt	6 peach halves
2 tablespoons sugar	Flour for rolling

Sift dry ingredients. Mix in milk and egg beaten together. Roll peach halves in flour, dip in batter, and fry in deep fat (370° F.) until delicately browned. Drain on brown paper. Serve with fruit sauce or powdered sugar and syrup.

Pastry

Pastry may be divided into two general classes: Plain Paste and Puff Paste.

Plain pastry is always used for the lower crust of pies, and usually for the upper crust although puff paste or "near-puff" pastry may be used for the upper crust. *Puff paste* is used chiefly for patty shells and fancy, delicate pastry. The texture of pastry depends chiefly upon the kind and amount of shortening, the type of flour used, the method of combining the ingredients, the amount of water used, and the temperature of the oven.

Plain pastry may be either light and flaky, or crisp and crumbly. Lard makes a more tender crust than butter, but lacks the flavor that butter can give. The type of flour to be used depends on the kind of crust you desire. Pastry flour makes a crumbly crust, while bread flour yields a flaky one. A smaller amount of shortening is required with pastry flour since it contains less gluten. A bit of baking powder makes plain pastry more tender. For a *crumbly* crust the temperature of the ingredients and the method of combining is not so important—hot water may be used. For a *flaky* crust the ingredients must be cold. Any crust is more easily handled and is more tender if chilled before rolling out, even if it has been mixed while warm. The amount of water for flaky pie crust differs according to the kind of flour used, but the general rule is to use as little as possible and have it as cold as possible. Handle pastry as little as possible so the fat does not become oily before baking, or it will not be flaky.

Sprinkle flour over the mixing-board and rolling-pin, and rub it in as much as possible. A stiff, closely woven cloth may be used as a cover for the board, and flour is rubbed into it. The cloth holds more flour, thus making it possible to handle a softer dough upon it. Place the right amount of paste upon it and toss it quickly over and over to coat the surface with dry flour so that the paste will not stick to the board. Pat into a round, flat shape and roll out with light, quick motions of the rolling-pin, always keeping a pie crust in a circular shape, by changing the direction of the rolling pin or shifting the crust when necessary. Heavy pressure makes the paste stick to the board, and breaks the surface which should be kept smooth. When the rolling-pin comes to the edge of the paste, it should roll off into space, not onto the board; the paste should be uniform in thickness, between $\frac{1}{8}$ and $\frac{1}{4}$ inch for the under crust. When rolled to the proper size, fold it double and lift it onto the lightly floured pan with the hands.

Fit it carefully down into the curve before trimming the extra paste from the edge with a knife. If no upper crust is to be added, crimp the rim with the side of the thumb or with the thumb and finger, or press it lightly against the pan with a fork.

If the crust is to be baked before filling, it should be fitted over an inverted pie pan and well pricked with a fork, to prevent air bubbles and an uneven surface.

The upper crust is rolled thinner and smaller, and a design is cut in the center to allow the steam to escape.

Moisten the rim of the under crust with cold water and lift the upper crust into place. Press the crusts carefully together around the rim and trim off any excess. Mark the rim as suggested for under crusts.

If the filling is very juicy, the under crust may be cut extra large, and lapped about $\frac{1}{2}$ inch over the edge of the upper crust before pressing the crusts together. Or, bind the edge with an inch-wide strip of muslin dipped in water, lapping the ends and staying them with a flour paste. This is removed after the pie is baked.

To prevent filling from soaking into the bottom crust, it may be dusted with flour; or brushed with slightly beaten white of egg or melted shortening, then dusted with flour; or the crust may be partially baked before the filling is added.

Place the cold pastry into a very hot oven (400° – 500° F.) so the fat quickly blends with the flour without first becoming oily. When the crust starts to brown slightly (in about ten minutes), reduce the temperature to about 350° F.

A pie shell bakes in ten to fifteen minutes, but a filled pie requires from thirty minutes to one hour.

SOFT MERINGUES FOR PIES, TARTS, ETC.

Soft meringues are made by using 1 tablespoon sugar to 1 egg-white. For more crisp meringue use 2 tablespoons sugar for each egg. Occasionally a cook prefers 3 tablespoons sugar and a pinch of salt. The egg is beaten one minute with a Dover beater, then the sugar is sprinkled over the top and the beating is continued one and a half minutes. This is piled unevenly on the dessert and baked from fifteen to twenty minutes in a moderately slow oven (300° F.) so it will set all the way through, brown delicately on top, and remain puffy after it is cool. A pinch of baking powder added with the sugar aids in keeping the meringue fluffy.

Syrupy drops on top indicate too low heat or too short baking period. Tough or fallen meringue indicates too high temperature. For flavoring, several drops of vanilla, lemon, or almond may be used.

TO GLAZE PASTRY

When a brown, polished finish is desired, the pastry is brushed with a slightly beaten egg mixed with 1 tablespoon cold water. The egg is not to be beaten until frothy. Where gloss but no color is desired, the white of the egg alone may be used; the yolk gives the yellowish-brown tinge.

PLAIN PIE CRUST (for 1 double crust pie)

One-third cup (or 6 to 8 level tablespoons may be used) lard, butter, or any preferred shortening, $1\frac{1}{2}$ cup flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ teaspoon sugar, $\frac{1}{4}$ cup cold water (few drops more if needed).

Use cold shortening. Chop it into the mixed dry ingredients with two knives, in criss-cross fashion, or use the finger tips, if cool—warm hands are likely to soften the shortening and blend it too closely with the flour, thus preventing flaky crust with this amount of shortening. Add as little cold water as necessary for light handling. Divide and roll thin on slightly floured board, using floured rolling pin. Dust flour in pie tin and empty out excess. After lower crust is filled, moisten edge with cold water, add slashed upper crust, and press edges together with fork or thumb, then lift edge away from rim of pan. Put in hot oven till crust is set, but not brown, then finish more slowly to cook filling. For glossy top, brush with milk or slightly beaten egg-white. For pie shells lay the dough on floured inverted tin, prick it with a fork to prevent blisters forming, or lay another floured tin over it till set, and remove for browning. Bake very quickly.

NEAR-FRENCH FLAKY PASTRY

In above recipe use $\frac{1}{4}$ cup lard or other shortening and $\frac{1}{4}$ cup cold butter, with a mixed flour or pastry flour and use *ice-water*. Mix the lard with the other ingredients, but save the butter to divide into 3 parts and add in bits after the dough is patted into $\frac{1}{2}$ inch thickness on the board. Distribute $\frac{1}{3}$ of the butter in dabs over the surface, and sift a tiny bit of flour over the butter; roll up like a jelly roll. Press flat, using rolling pin lightly and quickly—keeping dough cold. Repeat with other 2 parts of butter, then chill a while before baking. Bake in hot oven. Puffy and delicious.

HOT WATER PIE CRUST (2 large double crusts)

Pour $\frac{1}{2}$ cup boiling water over 1 cup lard. Stir till lard is melted, then add 3 cups flour, 1 teaspoon salt, and 1 teaspoon baking powder sifted together. Stir with fork till smooth. Roll on floured board. A bit hard to handle, but tender and delicious. Easier to handle if chilled before rolling. Keeps fine in the ice box for a week.

PUFF PASTE

1 lb. butter or other
shortening
2 teaspoons salt

Ice-water
14 ozs. bread flour or
1 lb. pastry flour

Wash the butter, if salted butter is used. To do this, wash the hands in hot water, rinse in cold water, and knead the butter in ice-water in a scalded bowl until all the salt is drawn from it. At first the butter will crumble, but when free from salt it will cling and mass together. Pat and fold till dry and compact. Take out 2 tablespoons, and put the rest on ice till needed.

Work the two tablespoons of fat into the flour with the tips of the fingers. Moisten carefully with ice-water, and turn the dough out on a slightly floured board. Knead smooth and divide into halves. Roll out each half to the same size and thickness. Over one sheet sprinkle a little flour. Make the chilled shortening into a sausage-like roll, dredge with flour, and roll out very thin, as nearly like the sheets of dough in shape as possible. (Flour the board and rolling-pin so that shortening will not adhere.) Place the shortening between the two sheets of dough, and roll as thin as possible without allowing the fat to break through. When the sheet becomes thin, fold in the sides until they meet, turn one-half way about, and roll out. Fold and roll in this way twice, and place in the ice-box for fifteen minutes. Repeat rolling and cooling three or four times if very best results are desired.

If not needed for immediate use it may be placed in a covered glass jar, or wrapped in a cloth and kept in the ice-box (but not on the ice) for a day or two, and it will be more flaky than if used when fresh. The paste should be very cold when put into the oven, and the oven should be very hot, about 500° F. (cooled later to 450° F. or lower).

Allow patty shells to rise to their full height before browning. If the oven is too hot, so the paste begins to brown as soon as put in, immediately reduce the temperature.

VOL-AU-VENTS

Roll out puff paste $\frac{1}{8}$ inch thick. For each shell cut out three layers with an oval fluted pastry-cutter. Remove the centers of two with a small cutter of the same shape. This will leave two rings of pastry. Cover a baking-sheet with brown paper, and put the solid ovals on it. Dampen each with ice-water. Place a ring on top of each so that it fits exactly. Dampen edges of rings with ice-water. Place the second ring on top in the same way, pressing all edges together with the fingers. Bake in a hot oven (450° F.) for fifteen minutes. When properly baked they will puff up, and a large hole will be in the center. Join the pieces that

were cut out in the same way and bake them. Fill the hole in the vol-au-vent or patty shell with any mixture desired, and put the pieces on top to form a cover. (Pronounced Vō-lō-vān').

BANBURY TARTS

- | | |
|------------------------------|-----------------------------|
| 1 cup chopped raisins | 1 tablespoon melted butter |
| 1 cup sugar | or butter substitute |
| 3 tablespoons cracker crumbs | $\frac{1}{8}$ teaspoon salt |
| 1 egg, beaten | 1 lemon, juice and rind |

Mix ingredients in order given. Roll puff or flaky paste $\frac{1}{8}$ inch thick, and cut in 3-inch squares. Put a teaspoon of the Banbury mixture in the center of each, wet edges of paste, and fold to form a triangle. Prick several times and bake. This amount makes eight to ten tarts.

NUT PASTRY ROLLS

Roll paste $\frac{1}{8}$ inch in thickness, and cut in pieces 5 by 3 inches. Spread with jelly, beaten until of right consistency to spread, sprinkle with chopped pecan or almond meats, and roll each piece separately like a jelly roll. Place on a tin sheet, having lapped edge next to sheet which keeps them in better shape. Bake in a hot oven.

JELLY TARTS

Line 6 gem tins with rich pie paste, rolled thin. Put 1 tablespoon of following mixture into each patty shell and bake in hot oven twenty-five minutes.

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|---------------------------|-----------|
| $\frac{1}{2}$ cup sugar | } Creamed |
| $\frac{1}{4}$ cup butter | |
| Serve with whipped cream. | |

Beat in 1 egg and $\frac{1}{2}$ glass jelly

CUSTARD PIE WITH CRISP CRUST

Use plain pie crust recipe above. Roll thin, spread in floured pan, and bake in hot oven (450° F. about five minutes) till set but not brown. Immediately add warm custard mixture and bake in moderate oven (about 325° F.) till custard is set. Too quick or too long baking might make it whey. When it will not stick to a knife blade it is done. You may start testing after about twenty minutes if the pie is not very deep. If the milk is left cold and the crust is not partially baked, brush the crust with melted fat and dust with flour, add the cold filling and start in a very hot oven (450° F.) for about ten minutes, then reduce to 325° F. for about twenty-five or thirty minutes. Another method for crisp crust, is to brush the crust with white of egg and set it in the oven long enough to harden this coating before adding the filling.

Custard for the Pie

2 eggs	1 tablespoon flour
$\frac{1}{8}$ teaspoon salt	$1\frac{1}{2}$ cups milk
4 tablespoons sugar	Nutmeg

Beat together eggs, sugar, flour, and salt. Add hot milk to egg and sugar mixture, a little at a time. Beat thoroughly and fill crust. This warm mixture should be ready to put in crust when it comes from the oven. **If the crust is allowed to cool off**, the custard mixture will soak into the crust and perhaps into the bottom of the tin. The crust is nearly done before the custard is put in and the custard is made of hot milk. Never add a hot filling to a cold crust or a cold filling to a hot crust. Always add the hot milk to the egg mixture, the reverse produces a curdled custard. A mixture of water and evaporated milk may be used. A handful of **cocoanut** may be added before baking the custard.

CUSTARD PIE (2 small pies)

Mix 2 tablespoons soft butter with 2 tablespoons flour, and add 1 pt. hot milk; stir and heat to boiling point, then add $\frac{1}{2}$ cup cold milk, $\frac{1}{2}$ cup sugar, and stir the mixture into 3 beaten eggs. Pour into a deep pie pan lined with a rich crust that has been in a hot oven long enough to set (about six minutes), but not starting to brown. Bake in a slow oven about forty-five minutes. The flour prevents separating, and the previous heating of the crust prevents soaking.

APRICOT CUSTARD PIE

1 cup apricot pulp, sweetened to taste	2 eggs beaten separately
1 tablespoon lemon juice	1 teaspoon flour mixed with a little water
1 teaspoon butter	

Mash enough cooked or fresh apricots through colander to make 1 cup. Prunes may be substituted or added. Mix and bake in unbaked crust, folding in the beaten whites last or saving them for meringue. Or cook all except whites in double boiler till slightly thickened, put in baked shell, and brown the meringue. Chopped pecans sprinkled on top of the meringue before baking add excellent flavor.

SNOW CREAM PIE (2 pies)

1 pt. cream (or rich milk with 1 tablespoon butter)	1 cup sugar
1 pt. milk	Pinch of salt
4 round tablespoons flour	2 teaspoons vanilla
	2 beaten egg whites

Mix flour, sugar and salt, then add enough of the milk to make a creamy paste. Heat the rest of the milk and cream, and stir rapidly while adding the flour mixture, then cook carefully till

thickened slightly. Remove from the fire and add vanilla and fold in the whites, then pour into baked crusts and brown in the oven. Fine. (Egg yolks not used.)

COCOANUT CREAM PIE

1 pt. milk	$\frac{1}{2}$ cup sugar
3 tablespoons cornstarch	1 tablespoon butter
2 or 3 eggs	1 teaspoon vanilla
$\frac{1}{4}$ lb. cocoanut	

Stir cornstarch to thin paste with some of the milk. Heat the rest of the milk in a double boiler, then add the paste. Stir and cook fifteen minutes. Stir the unbeaten yolks into the sugar, add a little of the hot mixture, then pour all into the double boiler, stir in the butter and vanilla and remove from the fire. Add most of the cocoanut and pour into baked pie crust. Spread the whites (beaten with 3 tablespoons sugar and a pinch of baking powder) over the top. Sprinkle with cocoanut and brown about twenty minutes in a slow oven.

CREAM PIE

1 pt. milk	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	2 egg yolks
1 round tablespoon flour	Whites for meringue
Pinch salt	

Cook till thick, stirring constantly. Pour into baked crust, cover with meringue made of beaten whites mixed with 2 tablespoons sugar, and brown in slow oven. Sliced bananas or any fruit or sweetened apple sauce may be put into the crust before adding the cream. To keep crust from soaking, heat the baked shell or cool the cream so both are either hot or cold when put together.

SOUTHERN CREAM PIE

For special Southern dessert, add the beaten egg whites to the cream before removing from the stove, then add $\frac{1}{4}$ cup each of chopped almonds, chopped preserved fruit, and chopped macaroons or dry cake crumbs. Put into crust, and cover with sweetened whipped cream.

BANANA PIE

Make same as Cream Pie, slicing 2 bananas into crust before pouring in the filling. Cover with whipped cream if desired.

SOUTHERN BANANA PIE

$\frac{1}{2}$ cup sugar	4 bananas put through ricer
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Beat together fifteen minutes. When time to serve, pour into a pastry shell and cover top with cream whipped stiff.

CHOCOLATE PIE

Mix 4 tablespoons grated chocolate with 1 pt. boiling water or hot milk; add yolks of 2 eggs, mixed with 2 tablespoons cornstarch or flour and $\frac{1}{2}$ cup sugar; boil till thick; add 1 tablespoon butter or a pinch of salt; flavor with vanilla. Beat whites stiff with 2 tablespoons sugar; spread on top, and brown. Use Dover beater to make chocolate custard smooth as it thickens.

For **New Chocolate Pie** add the chocolate to the meringue instead of the filling and do not brown. Melt the chocolate over steam and fold into the beaten whites just before serving.

CARAMEL OR BUTTERSCOTCH PIE (Small)

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|-------------------------------------|-------------------------------|
| 1 scant cup brown sugar | 2 round tablespoons flour (or |
| $1\frac{1}{2}$ cups milk (or water) | 1 round tablespoon corn- |
| 1 egg | starch) |
| Butter the size of an egg | 1 teaspoon vanilla |

For larger pie use 2 cups milk and 3 round tablespoons flour, other ingredients not changed.

Heat milk in double boiler. Beat egg yolks, and add sugar and flour mixed together. Stir into hot milk and cook till thickened. Add butter before taking off the fire, add vanilla when cool, and pour into baked crust. Use egg white with 1 tablespoon granulated sugar or several melted marshmallows for meringue, and put in moderate oven fifteen minutes to brown. (For a caramel flavor the butter and sugar are browned together, then cooked with the other ingredients mixed together.)

(MILKLESS) BUTTERSCOTCH PIE

Cook together until smooth 2 cups water (or scalded milk), 3 egg-yolks slightly beaten, 2 tablespoons cornstarch or 2 heaping tablespoons flour. Add 1 cup light brown sugar, 3 tablespoons butter. When thick, finish the same as the small Butterscotch Pie (above). One cup walnuts may be added.

Put in baked crust. Use the egg whites with about $\frac{1}{3}$ cup sugar for meringue and brown.

BUTTERMILK PIE

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|---------------------------|---------------------------|
| 2 cups buttermilk, warm | $1\frac{1}{2}$ cups sugar |
| 3 yolks (or 2 whole eggs) | 1 teaspoon butter |
| 2 round tablespoons flour | 1 teaspoon lemon extract |

Mix and cook till thickened, and put in baked crust, using whites or meringue. Tastes like lemon pie, although the texture is not so smooth.

CHEESE PIE

One and one-quarter cups smooth cottage cheese (2 qts. sour milk heated slowly and drained), $1\frac{1}{2}$ cups milk (use rich milk or add 2 tablespoons melted butter), $\frac{3}{4}$ cup sugar (light brown or white), 2 eggs beaten slightly, 1 teaspoon vanilla or 2 teaspoons lemon juice, pinch of salt, cinnamon, nutmeg; 1 cup cocoanut may be added if liked.

Bake as custard pie in unbaked crust. If curds are coarse, mash through sieve before adding milk.

SOUR CREAM PIE

1 cup sour cream	1 teaspoon vanilla
$\frac{2}{3}$ cup brown sugar	Speck of salt
1 tablespoon flour	$\frac{1}{2}$ teaspoon cinnamon
2 beaten egg yolks	$\frac{1}{4}$ teaspoon nutmeg
1 tablespoon butter	$\frac{1}{2}$ cup raisins may be added

Bake like custard pie, or cook in double boiler and put in baked crust, using the whites for meringue.

PECAN PIE

$\frac{3}{4}$ cup sugar or honey or maple sirup or Karo	2 tablespoons melted butter
1 round tablespoon corn-starch	$\frac{1}{4}$ cup warm water
3 tablespoons coffee	$\frac{1}{2}$ cup raisins (if desired)
2 tablespoons vinegar or lemon juice	$\frac{2}{3}$ cup pecans
1 tablespoongrated orange peel	$\frac{1}{2}$ teaspoon cinnamon
	$\frac{1}{2}$ teaspoon ground cloves
	2 beaten egg yolks
	2 beaten egg whites

Mix in order given. Bake slowly in single crust. (Rich but delicious.)

GRANDMOTHER'S SWEET MILK PIE

Line a small pie pan with crust, then mix together 4 tablespoons flour, 6 tablespoons sugar, pinch of salt. Add 1 cup milk and pour into crust.

Sprinkle top with cinnamon, nutmeg, and dots of butter. Put in a hot oven, then reduce heat and bake in moderate oven till crust is done and custard is thick and creamy.

BERRY PIES

Fresh *raspberries*, *huckleberries*, *strawberries*, *blueberries*, *blackberries* or *elderberries*. Use about 3 cups berries, or enough to heap the crust. If not very juicy add about $\frac{1}{4}$ cup water. (With

elderberries use $\frac{1}{4}$ cup whole green grapes, or 2 tablespoons vinegar or lemon juice.)

One cup sugar with sour blackberries or strawberries, $\frac{1}{2}$ cup for most berries, $\frac{1}{3}$ cup for red raspberries, and still less with canned sweetened berries.

One-quarter teaspoon salt and 1 heaping tablespoon flour sprinkled on fruit or mixed with the sugar. Add tiny dots of butter and bake like double crust apple pie—about forty minutes.

Note—If you do not like seeds, mash fruit through sieve; add 1 cup water and 1 round tablespoon cornstarch, or $\frac{1}{2}$ cup soaked tapioca cooked a few minutes. Season and bake with 1 or 2 crusts.

GOOSEBERRY PIE

Heat $\frac{1}{2}$ cup water and 1 pt. gooseberries with $1\frac{1}{2}$ cups sugar till the berries burst, then add 4 tablespoons flour, pinch of salt, 2 tablespoons butter, and $\frac{1}{4}$ cup seeded raisins. Bake between 2 crusts, like apple pie.

STRAWBERRY PIE (Two large pies)

2 boxes strawberries

1 tablespoon cornstarch

1 cup sugar

$\frac{1}{2}$ pt. whipping cream

Line crusts with the best berries, whole or sliced. Crush the small ones and add to the sugar mixed with the cornstarch. Cook and pour over the berries in the crust. Cool and cover with whipped cream. Let stand ten minutes.

BOSTON STRAWBERRY-PINEAPPLE PIE

1 cup grated pineapple

Sugar

1 cup strawberries

Walnut meats

$\frac{1}{2}$ pt. whipping cream

Bake a pie shell of nice rich pie crust to a golden brown, and fill according to directions:

Drain all the juice from the pineapple, add 1 tablespoon of sugar. Place this layer on the bottom of the crust. Crush the strawberries, and sweeten to taste. Spread over the pineapple. Whip the cream and spread over all. Sprinkle with English walnut meats. Do not fill crust until ready to serve.

DREAM FRUIT MERINGUE PIE

One pint of canned fruit cut into small pieces and allowed to drain as dry as possible. If fresh fruit is used take 1 pint of best fresh berries, washed very carefully so that the skin is not broken. Drain until *dry*. One pie shell baked from flaky crust will be needed.

While crust is baking, whip the whites of 4 eggs *very stiff*, then add 4 heaping tablespoons sugar (do not use powdered sugar) and whip again as stiff as can be whipped; then very gently fold in 4 more heaping tablespoons of granulated sugar. Now very carefully fold in the fruit with as few motions as possible, and pour the mixture into the pie shell that has not been removed from the oven. Leave the top of the filling in little mountains. Bake in moderate heat (300° F.) for about fifteen minutes. The heat should be just hot enough to set the whites in ten minutes and brown in fifteen minutes.

GRAPE PIE (Large)

Make like cherry pie, using 2 or 3 cups whole grapes without seeding, or pulp them and then heat and mash pulps through coarse sieve to remove seeds. Add pulp to skins, put into crust, add other ingredients: $\frac{3}{4}$ cup sugar, 4 tablespoons flour or 2 tablespoons minute tapioca, a pinch of salt (a beaten egg if desired), and about $\frac{1}{2}$ cup water or juice from pulps. Cover like cherry pie.

CHERRY PIE

Mix 1 cup sugar, 4 tablespoons flour, $\frac{1}{8}$ teaspoon salt. Brush bottom of crust with white of egg. Measure 2 cups seeded cherries and put in crust in layers alternating with the dry mixture. Three tablespoons water may be added. Moisten edge of crust, sprinkle lightly with flour, add perforated top, and press down firmly with fork or thumbs.

SNOWDRIFT CHERRY PIE

Line a pie tin with rich pie dough. Fill the crust with canned cherries, using juice also. Add enough sugar to sweeten well, and 2 tablespoons flour, working the sugar and flour through the cherries; place in the hot oven in a single crust, and bake quickly. When the pie is cool, whip 1 cup cream until very stiff. Sweeten to taste and pile on top of the pie.

CHERRY MERINGUE PIE

Line pie pan with rich crust. Fill with cherries. Into 1 cup sweet cream stir 2 egg yolks, 1 tablespoon flour, 1 cup sugar. Pour this over cherries, and bake about thirty minutes at 350° F. Use 2 egg whites and 2 tablespoons sugar for meringue and brown.

RHUBARB PIE

1½ cup diced rhubarb	1 egg
1 cup sugar	2 heaping teaspoons flour
Lump of butter	

Mix rhubarb, sugar, and beaten egg and let stand half an hour if possible. Then add flour and put into crust. Add dots of butter, and put on slashed top crust. Start in hot oven, then in about fifteen minutes reduce heat and bake about twenty-five minutes longer at 325° F.

RHUBARB MERINGUE PIE

Two cups chopped rhubarb. Pour boiling water over it and drain in five minutes. One cup sugar (scant), 2 egg yolks (use whites for meringue with $\frac{1}{4}$ cup sugar and pinch of baking powder), 1 tablespoon butter, 1 tablespoon flour, 3 tablespoons water.

Mix and bake in one crust in moderate oven about thirty minutes then cover with meringue and brown. Best served cold.

APPLE PIE

Fill crust with 5 diced, tart apples. Sprinkle with $\frac{3}{4}$ to 1 cup sugar, according to taste (add a few drops of lemon juice if apples are not tart), 2 teaspoons flour, $\frac{1}{8}$ teaspoon salt, $\frac{1}{4}$ cup water, dots of butter, pinch of cinnamon, and speck of nutmeg.

Moisten edge of crust, add slashed top, press together. Bake in moderate oven forty-five minutes. Test apples with toothpick.

APPLE (OR OTHER FRUIT) CUSTARD PIE

Quarter and dice tart apples. Line a pie tin with a good crust, sprinkle with flour, and lay apples in crust until it is full. Mix 1 egg, 1 tablespoon flour, pinch of salt, dash of nutmeg, and about $\frac{1}{2}$ cup milk (enough to fill the space left in the pie.) After sugaring the apples (about $\frac{2}{3}$ cup sugar), pour in the milk mixture and bake in moderate oven until set. This makes a delicious pie with cherries, plums, peaches, or other fruits substituted for the apples, or apple sauce may be used, with less sugar.

ONE-CRUST APPLE PIE

Fill crust with good baking apples, cut in eighths, sprinkle with 1 round tablespoon flour mixed with $\frac{2}{3}$ cup sugar, or more if needed; pinch of salt, $\frac{1}{2}$ cup cream, dots of butter (2 tablespoons), $\frac{1}{8}$ teaspoon cinnamon, and nutmeg if liked. To keep the crust from soaking, it may be brushed with white of egg and part of the sugar added before the apples.

Put in bottom of oven to set crust, then reduce heat and bake till apples are soft and brown, being careful not to burn top edges. Begin at 450° F., but reduce heat at once to 350° and bake for forty minutes. This pie may be covered with halves of marshmallows or a meringue and browned again, but it is delicious without either addition.

WASHINGTON APPLE PIE

Line a large pie pan with rich crust. Beat 3 egg yolks with $\frac{3}{4}$ cup sugar; add 2 tablespoons melted butter, a dash of nutmeg and cinnamon, and 4 grated tart apples to fill the crust. Bake in rather hot oven then when done cover with a meringue made of the stiffly beaten whites flavored with 2 tablespoons powdered sugar and $\frac{1}{2}$ teaspoon vanilla and brown slowly.

APPLE COCONUT PIE WITH MERINGUE

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| 2 cups unsweetened apple-sauce | 1 tablespoon lemon juice, grated rind of 1 lemon |
| $\frac{3}{4}$ to 1 cup sugar according to tartness of apples | $\frac{1}{2}$ can Baker's Coconut Southern Style (put through chopper) |
| 3 egg yolks, lightly beaten | |

Pour into pastry shell and bake in a moderate oven from thirty to thirty-five minutes. When cool, cover with a meringue. Sprinkle thickly with remainder of can of Baker's Coconut and brown slightly.

PEACH PIE

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|--------------------------|-------------------------|
| 6 large peaches | $\frac{1}{4}$ cup flour |
| $\frac{1}{4}$ cup butter | 2 tablespoons water |
| 1 cup sugar | Few grains nutmeg |

Bake like one-crust apple pie or, for plain double-crust peach pie, bake same as apple pie.

WHIPPED CREAM PEACH PIE

One cup cream, whipped; fill baked crust; slice peaches over top. The cream and peaches are sweetened to taste. Other fruits may be used.

GREEN TOMATO PIE

Fill pie half full of thin-sliced, green tomatoes, slice thin half a lemon, put lemon on top of tomatoes. Into $\frac{3}{4}$ cup granulated sugar, stir 1 tablespoon flour, put sugar on last, bake with upper and lower crust; serve when cold.

GREEN TOMATO MINCEMEAT

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|----------------------------|---------------------------|
| 12 green tomatoes (medium) | 3 cups suet |
| 12 sour apples | 3 tablespoons flour, |
| 3 cups sugar, | 1 tablespoon each of cin- |
| 1 cup syrup | namon cloves, nutmeg, |
| 1 cup vinegar | and salt |

Chop suet, apples, and tomatoes; add other ingredients. Cook twenty minutes. Seal. Makes 6 pts.

CRANBERRY PIE

Short pastry	1½ cups sugar
2 cups cranberries	3 tablespoons water
2 tablespoons flour	2 tablespoons butter

Line a pie plate with the pastry; mash or cut the cranberries into halves; mix with them the sugar, water, and flour; fill the pastry shell with this mixture; dot with the butter cut in small pieces; then put strips of pastry over the top, and bake in a moderate oven about twenty-five minutes. Also see Mock Cherry Pie.

PRUNE PIE

One-half pound prunes, soak, cook, seed, and cut; boil juice down to ½ cup and add ½ cup sugar, 1 tablespoon flour, 1 tablespoon lemon juice, 1½ teaspoons butter. Use double crust.

TAPIOCA-DATE PIE

4 tablespoons quick cooking tapioca	⅛ teaspoon salt
2 cups milk	2 eggs
½ cup sugar	½ lb. dates
	1 teaspoon vanilla

Mix tapioca and milk and cook in double boiler for ten minutes. Add sugar, salt, and yolks of eggs beaten together. Then add chopped dates. Cook until thick. Remove from fire and add vanilla. Put in baked pie shell, and cover with meringue made with the whites of the eggs and 4 tablespoons sugar. Return to oven to brown. (Twenty minutes at 325° F.)

CRISS-CROSS PINEAPPLE PIE

Heat 2 cups crushed pineapple. Mix ¾ cup sugar, ⅛ teaspoon salt, and 2 tablespoons flour. Add to the hot pineapple and bring to the boiling point, stirring constantly, and add 1 teaspoon butter. Cool slightly, add 1 beaten egg and 2 tablespoons lemon juice. Pour into pastry-lined pie pan and arrange strips of pastry across the top. Put into a hot oven. After ten minutes reduce heat and bake thirty minutes longer.

PINEAPPLE-CHERRY PIE

1 cup crushed pineapple	1 tablespoon butter
1 cup sugar	1 egg
2 tablespoons cornstarch	¼ cup maraschino cherries
Pinch of salt	1 tablespoon lemon juice
Pinch cinnamon	

Heat the pineapple to the boiling point. Add the sugar, mixed with cornstarch and salt. Stir constantly until thickened, and then cook three minutes. Add butter and egg slightly beaten, and cook

three minutes longer. Remove from the fire and add cherries, lemon juice, and cinnamon. Cool, and pour into baked shell or tarts. If preferred the white of egg may be used for a meringue.

PINEAPPLE PIES (Two)

One small pineapple chopped fine, $\frac{1}{2}$ cup water, 1 cup sugar, and 2 tablespoons cornstarch cooked together twenty minutes. Then add to the beaten yolks of 3 eggs. This is enough for 2 pies. Add beaten whites last, or save for meringue. If canned pineapple is used it must be cooked just a few minutes, and use only half the sugar. Bake quickly in single crusts, then brown the meringue, if used. Sliced maraschino cherries may be added for color.

SOUTHERN SUGAR PIE

3 cups brown sugar	$\frac{1}{2}$ cup cream
3 eggs	$\frac{1}{2}$ cup melted butter

Mix all of these to a custard and beat well. Add a dash of lemon extract and a sprinkle of nutmeg. Place in a rich, unbaked pie crust and bake. (Start at 450° F., then lower heat to 325° F. for about forty minutes.)

KANSAS SUGAR PIE

1 cup light brown sugar	2 tablespoons flour
1 egg	$\frac{1}{4}$ teaspoon nutmeg
1 tablespoon sweet milk	$\frac{1}{8}$ teaspoon salt

Mix ingredients together and let stand one-half hour. While waiting make a rich pie crust, and line 12 muffin pans with the crust rolled very thin. Divide the mixture into the muffin pans and bake in a moderately slow oven (375° F.) until a delicious brown. These are good for picnics or parties.

PENNSYLVANIA TAFFY PIE (Small)

$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ cup cream, milk, or water
1 tablespoon flour	

Mix and put in small, rich, thin, unbaked crust. Dot with lumps of butter and put in hot oven, then reduce heat so crust does not burn before filling cooks. Bake till crust is crisp (about twenty-five minutes). The taffy coats the crust and makes a delicious tid-bit, especially enjoyed by children.

VINEGAR PIE

1 cup sugar	1 teaspoon cinnamon
3 tablespoons flour	1 cup water
$\frac{1}{2}$ cup molasses	$\frac{1}{4}$ cup vinegar

Mix and bake in single crust in moderate oven about thirty minutes, or boil till thick and then put into baked shell.

ORANGE PIE

Cut an orange in half crosswise, cut sections loose from skin, then squeeze halves to get remaining juice. To the pieces of pulp, add 2 tablespoons sugar and let stand. Boil together $\frac{1}{2}$ cup sugar, 1 cup milk, pinch salt, 1 teaspoon butter, 2 tablespoons cornstarch, till thickened. Add orange juice and cool, then add pieces and pour into baked crust. Cover top with chopped nuts or a meringue if desired.

QUEEN'S ORANGE PIE

Juice and grated rind of 1 orange	1 cup sugar
Juice and grated rind of 1 lemon	1 heaping tablespoon flour
	5 well beaten egg-yolks

Mix and cook in a double boiler till creamy, then fold in 3 well-beaten whites while the mixture is hot. Use the other 2 whites for meringue, and brown in a moderate oven about fifteen minutes.

MOTHER'S MILD LEMON PIE

2 cups water	$\frac{1}{2}$ large lemon (juice and grated rind)
1 round tablespoon butter	
2 eggs (whites for meringue)	3 tablespoons cornstarch
$\frac{2}{3}$ cup sugar	Speck of salt

Mix according to directions, or the acid and starch may not form a thick, smooth custard.

Heat 1 cup of the water and add butter. Mix the cup of cold water with the yolks and lemon. Mix the cornstarch, sugar, and salt, and add to lemon mixture, then add the hot water and melted butter. Cook in double boiler a few minutes till it thickens. Cool and pour into baked crust, cover with meringue made of beaten whites, $\frac{1}{4}$ cup sugar, and pinch of baking powder. Brown slowly.

(2) LEMON CREAM PIES

Mix 3 tablespoons cornstarch and a pinch salt with $\frac{1}{2}$ cup cool milk, and add mixture slowly to $3\frac{1}{2}$ cups hot milk. Boil a few minutes, and add the beaten yolks of 4 eggs mixed with 1 heaping cup sugar, grated rind and juice of 2 small lemons, and add 2 tablespoons butter. Boil a minute, stirring constantly, then cool, and fill 2 baked crusts, add the meringue made of 4 beaten whites, $\frac{3}{4}$ cup sugar, and $\frac{1}{2}$ teaspoon baking powder. Brown in very slow oven (325° F.) about twenty minutes. (1 large lemon is plenty.)

LEMON SPONGE PIE

Three-fourths cup sugar, 1 lemon (juice and grated rind), 2 tablespoons flour, butter size of walnut (melted or creamed), 1 cup milk, 1 egg yolk beaten (2 or 3 eggs for larger pie, the rest not changed), 1 egg white (or more) folded in last. Bake in unbaked crust in moderate oven about forty minutes.

LEMON "CAKE" PIES

1 cup sugar	3 eggs (beaten separately)
3 round tablespoons flour	Juice and grated rind of
Butter size of egg	1 lemon
2 cups milk	

Mix sugar and flour, add slightly softened butter. Mix and add egg yolks, then lemon, and when blended, add milk. (If not smooth, rub through strainer before adding milk.) Fold in the beaten whites and bake in an unbaked rich crust in rather slow oven (325° F.) about 40 minutes. Makes two small pies with custard in the bottom and sponge cake on top. May also be baked like a custard (without a crust) in a pan of hot water in slow oven about 30 minutes.

QUICK LEMON PIE

Mix 1 scant cup sugar, the juice and grated rind of 1 small lemon, and the slightly beaten yolks of 4 eggs. Heat the mixture and when it comes to the boiling point, remove from the fire and immediately fold in half of the well beaten whites. Pour into a baked crust, then spread the two remaining (beaten) whites mixed with 2 tablespoons sugar, a pinch of baking powder, and a drop of vanilla, on top, and brown in a slow oven for about fifteen minutes.

LEMON CHEESE TARTS

Melt $\frac{1}{4}$ lb. butter in double boiler, add 1 lb. sugar, 6 eggs well beaten, and the grated rind and juice of 3 lemons. Stir until it is the consistency of thick cream. Line patty tins or gem tins with flaky, thin pie crust. Fill and bake in a quick oven. The filling may be kept in a glass, if desired, for spreading wafers or thin slices of bread.

PHILADELPHIA MOLASSES-LEMON PIE

Beat together 2 cups molasses, 2 slightly beaten eggs, 1 cup sugar, 1 tablespoon melted butter, and the juice and grated rind of 1 lemon. Pour into a pastry-lined pan, cover top of pie with strips of pastry, arranged lattice fashion, and bake in a moderate oven (300° F.) about thirty minutes.

MOLASSES PIE

Two eggs beaten separately, $\frac{1}{2}$ cup sugar, 1 tablespoon melted butter, $\frac{1}{2}$ cup molasses, nutmeg. Pour into unbaked crust. Bake in moderate oven.

SHOOFLY PIE

Mix $\frac{1}{2}$ cup Duff's medium dark molasses, $\frac{1}{2}$ cup water, $\frac{1}{2}$ teaspoon soda. Pour into unbaked, rich pie crust; it should about half fill the crust. Then rub together into crumbs $1\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup good lard or part butter. Sprinkle thickly on top of molasses mixture.

Bake slowly (about thirty minutes at 300° F.) till brown. Serve with coffee or cocoa. May be baked in square or round pan. (This seems more like cake or coffee cake than like pie.)

CRUMB PIE

Rub to crumbs $\frac{3}{4}$ cup butter and lard mixed, 1 cup white or brown sugar, 1 cup flour. When like corn meal, save out $\frac{1}{3}$ of the mixture for the top, and mix the remainder with 1 cup buttermilk, $\frac{3}{4}$ teaspoon soda, and 1 beaten egg. Add $\frac{1}{2}$ teaspoon lemon or vanilla, and enough flour to make a thin batter. Pour the mixture into an unbaked rich crust, and sprinkle the saved crumbs on top. Bake slowly (at 300° F.) about thirty minutes till set and brown.

(2) PUMPKIN PIES

Two cups of pumpkin, 1 to 3 eggs, 1 heaping tablespoon flour or finely rolled crackers (omit most of flour if 3 eggs are used), 1 pt. milk, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon ginger (cloves and allspice if liked), $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{4}$ teaspoon nutmeg, 2 to 4 tablespoons melted butter. Pour into unbaked crust, and start baking in a hot oven (425° F.) for fifteen minutes, then bake about thirty minutes longer at 325° F. May be covered with whipped cream.

(3) PUMPKIN PIES

Four cups pumpkin, 1 teaspoon salt, $1\frac{3}{4}$ cups light brown or granulated sugar, 4 beaten eggs, 1 teaspoon ginger and 1 teaspoon cinnamon, 2 heaping teaspoons cornstarch, $\frac{1}{2}$ teaspoon baking powder. Mix cornstarch and spices with enough milk to make smooth. Add to pumpkin and other ingredients. Mix thoroughly, then add 4 cups sweet milk, stir until all is mixed. Pour into three unbaked crusts and bake about forty-five minutes, starting at 425° F., then reduce to 325° F. for last half hour.

SQUASH PIE

One and a half cup cooked squash (mashed through colander), 2 tablespoons flour or cracker crumbs, 1 cup scalded milk, $\frac{1}{2}$ cup sugar. Bit of cinnamon, mace, salt, and grated lemon rind. For richer and larger pie, add a lump of butter, and 1 or 2 beaten eggs with an extra $\frac{1}{2}$ cup milk. Bake as pumpkin pie.

CARROT PIE

The carrot far outclasses squash or sweet potato as a rival of the pumpkins. A carrot pie is made from mashed, boiled carrots. Use any pumpkin pie recipe, except that mace, nutmeg, and cinnamon are a better combination of spice than the ginger used with pumpkin. Also be sure to add 2 tablespoons melted butter.

SWEET POTATO PIE

Peel, boil, and mash through a sieve 4 or 5 medium-sized sweet potatoes. Cream together $\frac{1}{4}$ cup butter and $\frac{1}{2}$ cup sugar, adding the well beaten yolks of 3 eggs, and the juice and grated rind of 1 lemon, with a pinch of cinnamon.

Add the potato pulp and 1 cup rich milk, finally fold in the stiffly beaten whites of the eggs, and pour into a pie pan lined with flaky, rich pastry. Bake in a moderate oven about forty-five minutes, taking care that the edge of the pie does not become brown before the filling is sufficiently cooked.

CINNAMON PIE

1 cup sugar	$1\frac{1}{2}$ teaspoons cinnamon
1 cup water	1 tablespoon flour
2 egg yolks	2 tablespoons butter

Cook until thickened, and pour into baked pie shell. Make a meringue of the egg whites, and brown.

CHESS PIE

1 cup sugar	2 tablespoons butter
1 tablespoon flour	1 cup milk
1 egg	Pinch salt

Dash of nutmeg

Mix and put into unbaked single crust. Bake in moderate oven.

CHESS TARTS

$\frac{1}{2}$ cup butter	3 eggs
$\frac{3}{4}$ cup sugar	1 egg white
1 cup chopped raisins	5 tablespoons sugar
$\frac{1}{2}$ teaspoon vanilla	

Make individual pie shells on inverted muffin-pans. Prick before baking to prevent the air from pushing them up and out of shape.

Cream butter and sugar. Add chopped raisins, 1 whole egg, and 2 egg yolks. Fill shells three-fourths full, and cover with a meringue made from 2 stiffly beaten egg whites, sugar, and vanilla. Brown meringue slightly in the oven, and while browning stir into the pie mixture once or twice with a fork. This makes the mixture fluffy and gives the tarts an unusual appearance.

RAISIN PIE

1 cup raisins	1 cup sugar
1 lemon, rind and juice	2 tablespoons flour
1 cup water	2 tablespoons butter

Double crust

The raisins may be chopped or cooked a few minutes in the water before adding other ingredients. Add lemon to raisins and water and stir into the sugar and flour mixed together. Put in unbaked crust, dot with butter, add upper crust and bake in hot oven for fifteen minutes, then moderate for about twenty minutes longer. If lemon is omitted, use only half the sugar.

RAISIN CREAM PIE

Baked pie shell, 3 eggs, $1\frac{1}{4}$ cups milk, $\frac{1}{2}$ cup sugar, 1 cup raisins (ground or whole, seeded), $\frac{1}{2}$ teaspoon salt, 2 teaspoons cornstarch.

Mix and cook together milk, sugar, yolks of eggs, cornstarch and, after mixture thickens, add raisins and salt. Cook two minutes longer, and put in crust. Make meringue of beaten egg-whites, and 2 tablespoons sugar, and brown in broiler.

(1) MOCK CHERRY PIE

1 cup cranberries	1 tablespoon (heaping) flour
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ teaspoon vanilla
1 cup sugar	Pinch of salt or
$\frac{1}{2}$ cup water	1 tablespoon butter

Bake in double crust in moderate oven about forty-five minutes.

MOCK MINCE PIE

Roll 3 large crackers fine; then pour over them 1 cup boiling water; add $\frac{1}{2}$ cup butter, 2 cups sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{3}$ cup mild vinegar, $\frac{1}{2}$ cup water, 1 cup raisins, 1 cup currants, 2 eggs, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves.

Bake with two crusts. This makes 2 pies.

PERFECTION MINCEMEAT

Two and one-half qts. chopped lean beef, 1 cup suet chopped, 5 qts. chopped apples, 3 qts. water, 1 cup vinegar (or weakened lemon juice), 1 qt. cherry juice, or cider, grape juice, diluted jelly, or any fruit juice or mixture; 2 lbs. raisins (or part currants), 3 lbs. brown or white sugar (more if apples are very sour; less if juice and apples are sweet); 1 teaspoon each (more or less if desired) of cinnamon, cloves, allspice, nutmeg, mace.

Cook three hours carefully and seal. Makes at least 6 qts.

ECONOMY MINCEMEAT

3 lbs. prunes	2 lbs. raisins
1 beef tongue	3 tablespoons each salt,
3 lbs. suet	allspice, cloves, cinna-
4 qts. sour apples	mon, nutmeg
3 lbs. brown sugar	1 qt. cider

Wash the prunes and soak over night. Boil until tender and run through a colander to remove pits. There should be about 1 qt. of pulp. Boil the tongue with the suet until tender. Then remove both tongue and suet from the kettle. Pare the tongue and let the liquid cool. Remove the fat from the kettle, and chop it with boiled suet and tongue until fine. Add to the prune-pulp. Chop the apples and stir them in with the sugar, raisins, spices, and cider. Cook slowly for one hour, stirring frequently. Another quart of boiled cider may be added when the mincemeat is cold. Pack in jars, seal, and store until needed.

STICKTIGHT PECAN PIE

2 eggs beaten slightly	2 tablespoons butter (melted)
1 cup brown Karo sirup	1 teaspoon vanilla
1 scant cup sugar	$\frac{3}{4}$ cup pecans (whole)

Mix all together and bake in a single crust forty minutes in a moderate oven. (For the first ten minutes a hot oven is preferred, but do not forget to lower the temperature then.)

GRAHAM CRACKER PIE

2 cups finely rolled graham	$\frac{1}{2}$ cup sugar
cracker crumbs (or Zwie-	2 tablespoons cream
back)	$\frac{1}{2}$ cup butter

Mix and save out $\frac{1}{2}$ cup of the mixture for top of pie. Press the remainder into a pie tin and bake in rather hot oven ten minutes. *Filling:* Mix $\frac{1}{3}$ cup flour, $\frac{3}{4}$ cup sugar, a pinch of salt, 2 cups hot milk and 2 egg yolks in order given, then cook the mixture till thickened. Cool and spread it into the baked crust and add the following meringue. *Meringue:* Beat 2 egg whites and add 4 tablespoons sugar and $\frac{1}{2}$ teaspoon vanilla or lemon and a few grains of salt. Spread on top of the filling, sprinkle the saved crumb mixture on top of the meringue and brown in a moderate oven.

Extra Recipes

Extra Recipes

Cakes

Before baking any cake read directions given below.

"Measure very carefully, mix more carefully, and bake most carefully."

Cakes are classified according to their ingredients as Butter Cakes, Sponge Cakes, and Torten.

Butter cakes are made with butter or other fats, and include layer cakes, cup cakes, pound cakes, fruit cakes, etc. Usually the leavening agent is soda or baking powder, or a combination of cream of tartar and soda, all of which form a gas when combined with milk, water, or juices. The air beaten into eggs used, also aids in making these cakes light.

Sponge cakes are made without fat, and need no leavening agent except the air which is introduced by the thorough beating of the eggs. Occasionally these cakes are varied, and may contain a very small amount of shortening and extra leavening agents. These cakes include Sponge Cake, Angel Food, Sunshine Cake, Velvet Cake, etc.

Torten, strictly speaking, are cakes in which nuts are used for shortening and crumbs substituted for the flour, but as commonly made, they are rich cakes containing fruit, nuts, and various leavening agents, but require no frosting as they are served with whipped cream, or covered with rich crumbs. Examples of these cakes are Almond Torte, Blitz Torte, etc.

INGREDIENTS FOR CAKES

Sugar.—When no special kind of sugar is specified in a recipe, use a fine granulated sugar. If coarse sugar must be used, sift it and measure carefully. Too much sugar tends to make a cake fall apart and may make it heavy; and coarse sugar makes a coarse cake.

Shortening.—Only Butter Cakes and Torten require shortening.

Butter and *Butter Substitutes* and *Cream* give the best flavor and most delicate texture for cake, although for pastry they do not give the best texture. One-half cup (8 tablespoons) butter is equal to 7 tablespoons of other shortenings.

Poultry fat compares favorably with butter, but it is more difficult to handle and gets rancid if not kept cold.

Lard keeps a cake mixture lighter in color and, if it is very fine and fresh, it may be used if the cake is to be used in at least two days, but the flavor and texture is not equal to butter.

Oils are likely to produce a greasy, tough cake, but can make a tender crumbly pie crust.

Good drippings are satisfactory for dark cakes. Always add salt when unsalted fats are substituted for butter.

Crisco and various similar shortenings are used the same as good lard but they keep much better.

Eggs.—New-laid warm eggs do not beat well, they should be cold and at least one day old, preferably two or three days. Storage eggs of first quality are quite satisfactory for most recipes, except some torten and hard meringues. Eggs improve the flavor and texture of cakes.

Egg whites should be beaten just before they are to be used. Otherwise the bottom of the bowl will contain liquid egg that has "gone back." Then the results from the specified number of eggs will be diminished somewhat. When folding egg whites into a cake, avoid beating which will make them break into globules and separate in the mixing instead of binding the cake together delicately.

Extra eggs make a batter seem thin, but the yolks become solid during the baking and the whites become firm. Therefore it is essential to have a cake with many eggs in it thinner before baking than a batter in which there is but 1 egg and milk or water forms the liquid.

Unbeaten eggs keep a cake more moist. *Slightly beaten* eggs are used chiefly for thickening custards, but when used in cake they are just broken well with a fork to aid in blending them without beating the combined ingredients so long. When the recipe specifies that the eggs should be beaten separately, be very careful in separating the whites, as a tiny particle of the yolk, or any fat prevents whites from beating stiff and dry. The yolk may be taken out with a bit of cloth or blotting paper.

To *whip* whites use a wire whip in long easy strokes; when they stand up in points they are sufficiently whipped. To *beat* whites use a Dover beater and beat till they are stiff, and for some recipes they should be dry so the cake will be light and dry if desired.

Baking Powder, Soda, Etc.—When no eggs are used, the usual proportions of flour and baking powder are 2 scant teaspoons baking powder to each cup of flour; with 2 eggs, 1½ teaspoon baking powder to each cup of flour; gradually decreasing according to the number of eggs used, although in some recipes other ingredients may influence the mixture so that more or less is needed.

In using *cream of tartar* and *soda* instead of baking powder, measure half as much cream of tartar as baking powder called for, then add half as much soda as cream of tartar used. For instance, if the recipe calls for 2 teaspoons baking powder, use 1 teaspoon cream of tartar and ½ teaspoon soda.

Prepared baking powder contains cornstarch or some in-

gradient to keep it dry, so more is needed. When *sour milk* is used in place of sweet milk, no cream of tartar is required. Use $\frac{1}{2}$ teaspoon soda to each cup mild sour milk, gradually increasing (a pinch for each cup) for older milk.

Soda or baking powder mixtures are made light by liberating gas in the mixture; the gas in soda is set free by combining it with acid and moisture, then applying heat. As soon as the moisture is added the gas begins to escape, so soda or baking powder mixtures should start to bake quickly. Be sure the soda is thoroughly dissolved (or sifted and mixed) and baking powder is sifted and well mixed with the flour.

Liquid.—The liquid may be water, milk, eggs, syrup, fruit juice, etc. Water gives a lighter, more tender texture than milk, although milk gives more flavor. The liquid in most recipes should be added gradually and alternately with the flour (adding about $\frac{1}{3}$ or $\frac{1}{4}$ at a time) so no lumps or "strings" need to be beaten smooth. Be careful in using fruit juice, it requires extra baking powder.

Flour.—If very fluffy, fine-grained cake is desired, use pastry or cake, or mixed flour, unless the recipe calls for bread flour. Pastry flour contains more starch and less gluten than bread flour, therefore it makes a lighter, more tender cake. If bread flour is substituted, sift it three times, or use 2 tablespoons less, or substitute 1 heaping tablespoon cornstarch in each cup of bread flour. Different brands of flour differ in thickening properties, so when trying new flour it is wise to try a small cake as the given amount of flour may not produce the best results. Bread flour is made from spring wheat, and pastry or cake flour is made from winter wheat which has less thickening properties. Other ingredients in a cake also affect the amount and kind of flour required and occasionally the texture of bread flour is preferred. An all-purpose flour such as Gold Medal is satisfactory for either cake or bread, when the kind is not specified, although usually cake flour is preferred for cake.

GENERAL DIRECTIONS FOR MIXING CAKES

There are three ways of mixing: Stirring, beating, and folding.

To Stir—Let the spoon touch the sides and bottom of the bowl and move it round and round quickly.

To Beat—Tip the bowl to one side. Bring the spoon quickly into the mixture and through it, and turn it over and over, scraping the sides well each time it goes in. Beat hard and quickly.

To Cut or Fold—Cut the mixture with the side of a spoon and fold it by turning the spoon completely over and lift it up from the bottom of the bowl, with a dipping motion, folding it in as lightly as possible. Do not stir or beat, but mix very gently.

To Cream Butter and Eggs—Have bowl warm, work butter or other fat until soft, add sugar gradually, beating all the time till soft and light.

If butter, nut butter, or other shortening is too hard to cream easily, rinse the mixing bowl with hot water, dry and add to the shortening a tablespoon of hot liquid taken from the amount measured for the cake, but never allow the shortening to become oily. In this way cold, hard shortening may be creamed quickly.

METHOD OF MIXING SPONGE CAKE

When the whole egg and no baking powder is used (unless other directions are given with the recipe) separate yolks from whites of eggs. Beat yolks until thick and lemon-colored, using an egg-beater; add sifted sugar very gradually, beating after each addition until the sugar is dissolved; then add flavoring and liquid (if any is used). Beat whites until stiff and dry enough to fly from the beater and fold them into the sugar mixture (or fold them in after the flour is added). Mix and sift the flour and salt, and fold in last or, if a different texture is preferred, fold it into the mixture before the whites are added. Use an ungreased baking pan and leave in inverted pan till cool.

For other varieties of cakes made without shortening follow directions given with the recipes. A wire whip is best for beating egg whites in angel food, they are not beaten so dry.

METHOD OF MIXING BUTTER CAKES

Unless other directions are given with the recipe, cream the butter or other shortening, using a heavy wooden or perforated mixing spoon if liked (see directions above); add sugar gradually. For moist, fine-grained cakes to be kept several days, beat the whole eggs well, and add to sugar mixture. If cakes are to be light and fluffy and eaten soon, beat the yolks and whites separately and fold the whites in last. For a rich cake to keep moist for a week or more, drop the whole unbeaten eggs, one at a time, into the sugar mixture and beat well.

Measure the sifted flour and add to it all remaining dry ingredients such as baking powder, salt, cocoa, and spices, and sift again. (Do not forget mace among your spices occasionally.)

Add the dry ingredients and milk to the first mixture alternately, keeping the batter of the same consistency throughout the mixing process. Beat just enough to make the mixture smooth.

Add the flavoring, then fold in the stiffly beaten egg whites.

When fruits or nuts are used, save out a little of the flour with which to coat them, and add them to the cake mixture just before the egg whites are added. Sometimes fruit is cooked and added while hot to prevent sinking to the bottom; or one-third of the

batter without fruit, may be placed in the bottom of the pan first.

Chocolate should be melted over hot water and added just after the egg yolks. When cocoa is substituted for chocolate use a little extra shortening and scant measure of flour, or extra liquid. Three tablespoons cocoa may be substituted for 1 square chocolate.

GREASING AND FILLING PANS

Pans for Sponge Cakes and Angel Food should not be greased, especially on the sides, because the cake should cling to the pan as it rises and cools. If the batter contains baking powder the pan may be greased.

Use butter (that is not salty) or oil or any mild fat. Never use strong lard or a rancid-smelling brush.

Never scour or scrape cake pans or the surface may be roughened and cause cake to stick—soak them till they clean easily, and be sure to dry them well.

Sprinkle a small amount of flour into the greased tin and shake it around until there is a thin film of flour adhering to the fat. Shake out any surplus flour. If preferred, paper may be fitted into the bottom of the greased pan and the paper well greased and lightly floured. This lining is more necessary for cakes containing little fat than for those containing a larger amount.

Fill each pan not more than two-thirds full, spread the batter well up against the sides (and tube if used) and into corners, drawing it away from the center, but do not scrape the fat in the pan, as this might cause the cake to stick. To force out large air bubbles, just before placing the pan in the oven, slash the batter lightly with a knife or rap the pan sharply on the table.

HINTS ON BAKING CAKES

Cakes without baking powder, especially Angel Food, should bake very slowly. If baked in a thick loaf they may start at 250° F. for ten minutes, then increase slightly to 300° for forty-five minutes to one hour. When light brown and the center springs back into shape when lightly pressed with the finger, it is done. Baking powder cakes bake more quickly. If watched carefully, Angel Food may also be baked quickly.

Notice the pages on Oven Temperatures before doing any kind of baking.

In most ovens, cake should be placed in the center on the lower or middle grate, although the position may need to be changed or the pan turned if the oven is not well regulated. A cool lid slipped under or over the pan, or a small pan of warm water set in the bottom of the oven, may help some cakes, when they can not be moved. Do not jar cakes during the middle half of the

baking period. During the first and last quarter they may be gently moved. Divide the baking period into quarters.

1. During the first quarter, the cake should start to rise and small bubbles appear over the surface.

2. Through the second quarter, it should continue to rise, and start to brown in spots.

3. In the third quarter, it should begin to brown evenly all over and be slightly higher in the middle.

4. In the fourth quarter it should be level, sufficiently brown, and gradually shrink away from the pan, if the pan has been greased as for butter or baking powder cakes.

If the top crust sets too rapidly, the cake will rise high in the center and may crack. A moderate temperature, varying from 350° to 400° F. (usually 300° for the first five minutes) is best for baking a butter cake. If the oven is too hot, a thick brown crust will form on the outside before the cake has fully risen and before the inside has thoroughly baked, resulting in a cracked surface, or fallen cake.

The time for baking depends on the thickness of the cake in the pan, as well as the ingredients and the texture desired. Batters containing syrups or chocolate burn more easily and rise more slowly. Average cup cakes take from fifteen to twenty-five minutes, layer cakes from twenty to forty minutes, and loaf cakes from forty to sixty minutes or more.

When a light touch with the finger leaves no depression in the center, or a clean straw or toothpick inserted in the center comes out with no particles of batter sticking to it, the cake is done and should be removed from the oven.

Leave a butter cake in the pan a few minutes till slightly cool then carefully turn it out on a wire rack, but do not cool a cake in a draught or it may get heavy. If a cake seems to stick to the pan, wring a cloth out of cool water and lay it on the bottom of the pan for a few seconds.

Fruit cakes are excellent if steamed for two to four hours, then baked about an hour in very slow oven.

NOTES ON CAKE FAILURES

When a cake "falls" it is caused by insufficient quantity of flour or rising ingredient; or, from moving it in the oven after the cake has risen but before the cell walls have become firm; too hot an oven; or, removing from oven before thoroughly baked.

A cake is "bready" when too much flour has been used.

A cake presents an uneven surface when not spread properly in the pan, or the heat is unevenly distributed; it cracks open on the top when too much flour is used or, more often, when too strong heat at first crusts over the top before the mixture has risen to its full height.

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or butter, or too rapid cooling after baking.

Coarse-grained cakes may be the result of too much leavening ingredient, too slow an oven, insufficient creaming of butter and sugar, coarse sugar, or insufficient beating of batter before addition of egg whites.

Large-holed angel cakes are usually occasioned by insufficient blending of the egg-whites with the other ingredients; too little sugar, or too fast an oven might produce such an effect. Always invert angel or sponge cakes while they cool in the pan.

OVEN TEMPERATURES FOR CAKES, BREADS, ETC.

Oven thermometers save many dollars. One may be bought for about \$2.00, and set on the oven shelf, if no regulator comes with oven (and even then, a thermometer may be needed). Heat oven about ten minutes to get proper temperature before putting in food.

Very Slow Oven—250° to 300° F.

Slow Oven—300° to 350° F.

Moderate Oven—350° to 425° F.

Hot or Quick Oven—425° to 500° F.

Very Hot Oven—500° to 550° F.

Increasing or Decreasing Heat—

Changing according to directions, as, increasing for partly raised bread or decreasing for filled pies.

Pastry—

Shells—450° F.—Ten minutes.

Filled Pie—Custard—Use partly baked crust, or bake at 425° F. for fifteen minutes, then decrease to 325° F. till set.

Apple, etc., 450° F. for fifteen minutes, then reduce to 350° F. about thirty minutes.

Cookies—

Crisp—450° F. for five to eight minutes (those containing chocolate or molasses, 425° F.—ten minutes).

Soft—325° F. for eight to ten minutes. (Increase heat if they spread too much.)

Large Angel, Sponge, or Sunshine Cakes—300° F. one hour. To retain their lightness, after baking invert pan and allow cake to hang in pan till cold. Keep moist in tight can till used.

Butter Cakes—

Loaf—350° F.—forty-five to sixty minutes (usually 300° F. for first ten minutes).

Layers—400° F.—twenty to thirty-five minutes (usually 300° to 350° F. for first five minutes).

Jelly Roll and Cup Cakes—400° F.—from fifteen to twenty minutes.

Fruit Cakes—

Rich and expensive—200° to 250° F.—three to four hours.

Cheaper—300° F.—one and a half to three hours.

Gingerbread—350° F.—thirty minutes, or 325° F.—forty minutes.

Yeast Breads—

White Bread—If well risen, start at 400° to 450° F., and when slightly brown reduce to 350° F.; forty-five to sixty minutes in all, according to size.

If necessary to rise more—start at 350° F.

Dark Breads—Start at 375° F., and reduce to 350° F. (if well raised).

Light Rolls—425° F.—twelve to eighteen minutes. Sticky rolls, 325° F.—twenty to twenty-five minutes.

Small Parker House Rolls—400° F.—ten minutes.

Baking Powder Breads—300° to 350° F. for soft crust—fifty to sixty minutes.

350° to 375° F. hard crust—forty to fifty minutes.

Quick Breads—

Spoon Bread—350° F.—thirty minutes.

Corn Bread—400° F.—twenty to thirty minutes.

Biscuits—450° F.—ten to fifteen minutes. (Sticky biscuits, reduce to 325° F.)

Muffins—Light—425° F.; dark, 350° F.—twenty-five to thirty minutes.

Popovers—

For crisp crust and soft center—450° F.—twenty minutes, then reduce to 300° F. for twenty minutes.

For softer crust—325° to 350° F. for thirty-five minutes.

Shortcake—375° F.—thirty to thirty-five minutes.

Bread or Apple Puddings—350° F.—one hour. **Peach Cobbler**—450° F.—twenty-five minutes.

LARGE ANGEL FOOD CAKE

1 cup (brimming full) egg-whites (9 to 11 eggs)	1 level teaspoon cream of tartar
1½ cups fine granulated sugar (sifted)	¼ teaspoon salt
1 cup cake flour, sifted five times before measuring	1 teaspoon vanilla (or ½ teaspoon lemon extract, ¼ teaspoon rose or almond extract)

Pour the egg whites on a large platter, add salt, and beat with a flat egg-whip until foamy. Add cream of tartar and continue beating until the eggs are stiff, but not dry. Fold in the sugar, 1 or 2 tablespoons at a time. Add flavoring. Fold in the flour in the same manner as the sugar. Pour in an ungreased patent tin and bake in a very slow oven fifty to sixty minutes, increasing heat slightly when cake is almost done. 2 tablespoons cold water

may be substituted for 2 egg whites. (Some cooks prefer to mix the sifted flour and sugar and fold the mixture slowly into the beaten whites; the texture is different this way.) Keep the cake inverted in the pan till cold. It is delicious if kept in an air-tight can a day or two, then covered with butter frosting. Part of the batter may be colored pink, or flavored with cocoa for marble effect. Or, $\frac{1}{2}$ cup each of candied pineapple and cherries may be folded in, or 4 beaten yolks may be folded into half the batter.

EIGHT-EGG ANGEL FOOD

8 egg whites	$\frac{3}{4}$ cup sifted cake flour
1 teaspoon cream of tartar	$\frac{1}{4}$ teaspoon salt
1 cup sifted sugar	$\frac{3}{4}$ teaspoon vanilla

Follow directions for Large Angel Food. Use yolks for Velvet Cake.

CHOCOLATE OR THREE-EGG ANGEL FOOD

1 cup sugar	3 teaspoons baking powder
$1\frac{1}{3}$ cups flour	$\frac{2}{3}$ cup scalded milk
$\frac{1}{2}$ teaspoon cream of tartar	1 teaspoon vanilla
$\frac{1}{3}$ teaspoon salt	3 egg whites

4 tablespoons cocoa may be mixed with the sugar or 1 square chocolate melted in the milk.

Mix and sift the 5 dry ingredients four times, add the milk slowly while still warm, stirring constantly, add vanilla and fold in the whites of eggs beaten light and stiff. Turn into ungreased pan and bake in slow oven forty-five minutes. Invert till cool.

YELLOW AND WHITE ANGEL FOOD

Yellow Part

5 egg yolks
1 cup sugar
$\frac{1}{2}$ cup sweet milk
$\frac{1}{2}$ teaspoon soda
$1\frac{2}{3}$ cups flour
1 teaspoon cream of tartar
1 teaspoon vanilla

White Part

5 egg whites
$\frac{3}{4}$ cup sugar
1 teaspoon cream of tartar
$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup flour

Bake like marble cake or bake like other angel food in separate pans, then put the layers together with the following filling:

1 cup sour cream (or $\frac{1}{2}$ cup sweet cream may be used)	1 tablespoon cornstarch
1 egg yolk	$\frac{3}{4}$ teaspoon vanilla
3 heaping tablespoons sugar	$\frac{1}{2}$ cup nuts, if desired

Mix and cook until thickened.

SPONGE CAKE

Yolks 6 eggs (or 4 for smaller cake)
 1 cup sugar
 2 tablespoons lemon juice (1 with
 4 eggs)

$\frac{1}{4}$ teaspoon salt
 Whites 6 eggs (or 4)
 1 cup pastry flour
 Grated rind $\frac{1}{2}$ lemon

Beat yolks until thick and lemon-colored, add sugar gradually and continue beating, using egg-beater; mix lemon juice, rind, and whites of eggs beaten until stiff and dry; blend the two egg mixtures, then remove beater, and carefully cut and fold in flour and salt, which have been sifted twice. Bake in angel cake pan one hour in slow oven at 325° F. Flour and sugar are same for 4-egg cake; 1 tablespoon water may be added. For very small cake use $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup flour with 4 eggs, and 1 grated rind.

MOCK SPONGE CAKE

Sift together into a mixing bowl, $1\frac{1}{2}$ cups cake flour, 3 teaspoons baking powder, 1 cup sugar. Break into a measuring cup 2 eggs, and fill cup with water, milk or cream; add $\frac{1}{4}$ teaspoon salt, flavoring. Pour into dry ingredients and beat five minutes. Bake ten minutes in muffin tins, tube pan, or in a sheet, if to be used for jelly roll, or with custard filling.

QUEEN'S FAVORITE SPONGE CAKE

$1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup water
 6 eggs

1 cup cake flour
 1 small lemon
 $\frac{1}{4}$ teaspoon salt

Boil sugar and water together until sirup spins a long thread, beat whites of eggs to stiff, dry froth with the salt, and pour the hot sirup gradually over them, beating mixture until almost cold, then set aside. Beat yolks until thick and light, and add to them the grated rind and juice of the lemon, combine the two egg mixtures, and fold in the flour (sifted two or three times before measuring). Bake in a greased and floured angel cake pan in a slow oven (300° F.) about one and a quarter hours. Cover with (boiled) orange frosting.

HOT WATER SPONGE CAKE

Beat 4 eggs until they are light, beat in 2 cups sugar and 1 cup flour, a little at a time, then add another cup flour with 2 teaspoons baking powder mixed with it, and lastly, 1 scant cup nearly boiling water. Bake in a moderately hot oven. This cake is noted for lightness. It may be served with hot chocolate sauce, with hot fruit sauces, or in ice-box cakes with whipped cream, etc.

ICE CREAM CAKE

Make a good sponge cake, bake half an inch thick in sheet pans and let get perfectly cold. Beat a pint of thick sweet cream until it looks like ice cream, make very sweet, and flavor with vanilla; blanch and chop a pound of almonds, stir into the cream and spread very thick between the layers. This is a queen of cakes.

VELVET YELLOW CAKE

8 yolks (well beaten)	1 teaspoon baking powder
1 cup sugar	$\frac{1}{2}$ cup boiling water
1 cup flour (or $1\frac{1}{4}$ cups)	$\frac{1}{2}$ teaspoon lemon flavoring
Pinch of salt	$\frac{1}{2}$ teaspoon vanilla

Mix in order given and bake like sponge cake. Good with butter frosting.

GOLD OR SUNSHINE CAKE

6 egg whites, beaten	1 teaspoon lemon flavoring,
$1\frac{1}{4}$ cups sugar	$\frac{1}{2}$ teaspoon cream of tartar,
6 beaten yolks	sifted in 1 cup flour

Combine in order given. Stir as little as possible when folding in the flour. Powdered sugar may be used. Bake like Angel Food.

MOCK GOLD OR SUNSHINE CAKE

Beat yolks of 4 eggs stiff, and add gradually 1 cup sugar. Beat well, then add 3 tablespoons cold water and 1 teaspoon lemon extract. Mix $1\frac{1}{2}$ tablespoons cornstarch with 1 teaspoon baking powder, and 1 scant cup flour. Sift, and add to other ingredients, then fold in the stiffly beaten whites of 4 eggs. Bake like Angel Food. Fine with whipped cream or ice cream. (If preferred, omit lemon extract and half the baking powder.)

SMALL WHITE CAKE

$\frac{1}{2}$ cup butter	3 teaspoons baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{2}{3}$ cup milk	1 teaspoon vanilla
2 cups cake flour	3 egg whites

Cream the butter, gradually add sugar (sifted, if coarse), and mix well. Sift flour, then measure it and add the baking powder and salt, and sift two or three times for a fine-grained, fluffy cake. Add the flour mixture and the milk gradually and alternately to the sugar mixture, beating well between additions. Add vanilla and fold in the stiffly beaten whites. Bake in loaf, or two layers, in moderate oven (325° to 375° F.). Ice with maple, chocolate fudge, butter frosting, or boiled frosting.

FAVORITE WHITE LAYER CAKE

2 cups sugar	1 cup milk
$\frac{2}{3}$ cup butter (or part extra good lard)	4 egg whites, beaten stiff
	Pinch of salt
3 cups cake flour sifted twice with 3 teaspoons baking powder	1 teaspoon vanilla (or part lemon extract)

Combine and bake as above Small Cake. Moderate oven.

Delicious with chocolate drop filling (chocolate drops, mashed or put between layers before they are quite cold); and maple or mock maple frosting. Excellent also with custard filling and boiled frosting. **Hickory nuts** (or chopped peanuts) may be added to cake or to custard filling.

LADY BALTIMORE CAKE

$\frac{1}{2}$ cup butter (scant)	2 teaspoons baking powder
$1\frac{1}{2}$ cups sugar (sifted)	(rounded)
1 cup cold water	4 egg whites
3 cups flour (even)	Flavoring

Cream butter and sugar, add $\frac{1}{2}$ the water and 1 cup flour, beat thoroughly, add second cup flour and beat, sift baking powder in last cup flour, and add alternately with rest of water. Flavor, then add stiffly beaten egg whites. Use Lady Baltimore Filling and frost the top with boiled or butter frosting. Filling: Chop fine $\frac{1}{2}$ cup each of raisins and nuts. Add 3 chopped figs and several maraschino cherries chopped. Add to boiled frosting before spreading.

LARGE PRIZE WHITE CAKE

Cream $\frac{1}{2}$ cup butter with $1\frac{1}{2}$ cups powdered sugar; add alternately, a little at a time, $\frac{1}{2}$ cup milk and 2 cups cake flour, which has been sifted with 2 teaspoons baking powder. Add 1 teaspoon vanilla, then fold in 6 well beaten egg-whites. Bake in three greased layer-cake pans, and bake in moderate oven—325° to 350° F. about twenty minutes.

Filling and Frosting

Slowly dissolve $1\frac{1}{2}$ cups sugar in $\frac{1}{2}$ cup water, and cook until it spins a thread (238° F.). Add slowly to 3 well beaten whites. Beat till cool, then add $\frac{1}{3}$ cup raisins and $\frac{1}{3}$ cup figs, chopped, $\frac{1}{2}$ cup sliced pecans, and $\frac{1}{2}$ teaspoon vanilla.

BRIDE'S CAKE

Cream 1 cup shortening and 2 cups sugar thoroughly. Sift 5 teaspoons baking powder, $4\frac{1}{2}$ cups flour, and $\frac{1}{4}$ teaspoon salt together five times; add alternately a little at a time with $1\frac{1}{4}$

cups sweet milk and beat thoroughly. Add 8 egg whites, which have been beaten stiff, and 1 teaspoon almond extract, and $1\frac{1}{2}$ teaspoon vanilla extract last.

Bake in slow oven at 325° F. until perfectly firm to the touch, or about one hour and ten minutes. Makes large nine-inch round loaf. Use Expert's Frosting, coloring part of it pink to make rose-bud trimming.

SNOWBALL PINEAPPLE LOAF CAKE

Cream together 1 cup sugar, $\frac{1}{2}$ cup butter, add $\frac{1}{2}$ cup milk and 2 cups flour sifted twice with 1 round teaspoon baking powder. Fold in 3 beaten egg whites. Bake in loaf.

Frosting: Boil 1 cup sugar with $\frac{1}{2}$ cup milk till thick, and add 3 heaping tablespoons crushed pineapple.

LIGHTNING LOAF CAKE

Mix $\frac{1}{4}$ cup melted butter with $\frac{3}{4}$ cup milk. Mix 1 cup flour, 1 cup sugar, 2 teaspoons baking powder, pinch of salt, add 2 unbeaten eggs, 1 teaspoon flavoring, then the milk and butter. Beat well. Bake in greased loaf tin. Use confectioner's frosting. Moist, fine-flavored cake.

FAIRY LOAF

4 eggs beaten separately	$2\frac{1}{2}$ cups cake flour
$1\frac{1}{4}$ cups sugar	1 teaspoon cream of tartar
$\frac{3}{4}$ cup butter	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup sweet milk	Flavoring

Sift flour and add soda; sift together three times. Cream butter and sugar, then add well beaten yolks. Partly beat whites, add cream of tartar, and beat till stiff. To the butter mixture add the milk, whites, flour, flavoring, and stir hard. Bake in greased loaf tin in slow oven thirty to fifty minutes. Use boiled or butter frosting.

POUND CAKE

1 scant cup butter	$1\frac{1}{2}$ cups powdered sugar
$1\frac{1}{2}$ cups flour	1 teaspoon vanilla
5 eggs	1 teaspoon baking powder

Work the butter with a wooden spoon till creamy. Add sifted pastry flour slowly, beating thoroughly between each addition. Beat egg yolks until thick and lemon colored, and add powdered sugar gradually while beating. Combine mixtures, add egg whites, beaten stiff, vanilla and baking powder sifted over the mixture. Beat thoroughly. Bake in greased loaf pan forty to fifty minutes in a moderate oven.

FAVORITE FIVE-EGG CAKE

5 eggs (keep out 2 whites for frosting)	2½ cups flour (mix a little with baking powder to add last)
1 cup butter	1 cup milk
1 cup sugar	Grated rind of 1 lemon
3 teaspoons baking powder	

Beat fifteen minutes before adding baking powder. Two large layers. Use any preferred frosting.

ONE-EGG CAKE

3 tablespoons butter	1¾ cups flour
1 cup sugar	3 teaspoons baking powder
1 egg	1 cup milk
1 teaspoon vanilla extract	

Melt the butter, add sugar, and cream thoroughly together. Add the beaten egg. Mix and sift the dry ingredients and add alternately with the milk. Add flavoring. Put in layer or loaf cake tins, and bake in a moderate oven.

ROYAL ONE-EGG YELLOW CAKE

⅓ cup butter or other shortening	1 teaspoon vanilla extract
1 cup sugar	1 cup milk
1 egg	1¾ cups flour
	4 teaspoons baking powder
¼ teaspoon salt	

Cream shortening well; add sugar gradually, beating well between each addition; add beaten egg, flavoring, ½ the milk, and mix well; add ½ the flour, which has been sifted with salt and baking powder; add remainder of milk, then remainder of flour, stirring well after each addition. Bake in three greased layer cake tins in moderate oven, fifteen to twenty minutes. Use "Royal Chocolate Filling" and "Royal Chocolate Frosting."

QUICK YELLOW OR WHITE CAKE

(For yellow cake, whites may be omitted; for white cake, omit yolks.)

1 cup sugar	2 cups flour
1 heaping tablespoon butter	2 heaping teaspoons baking powder
1 cup milk or water	
2 eggs	

Mix and beat well all together, or fold whites in last. Bake in two layers. Use chocolate or butter frosting, or use one beaten egg white with enough confectioner's sugar to spread.

JELLY LAYER CAKE

1 cup sugar	2 eggs
$\frac{1}{2}$ cup butter,	2 cups flour
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon soda
$\frac{1}{8}$ teaspoon salt	

Bake in layers. When cold spread with jelly.

PINEAPPLE LAYER CAKE

Cream $\frac{1}{2}$ cup shortening and 1 cup sugar together until light, then add 2 well beaten egg yolks. Mix and sift 2 cups flour, $\frac{1}{4}$ teaspoon salt, and 4 teaspoons baking powder. Add alternately to the first mixture with $\frac{3}{4}$ cup syrup drained from crushed pineapple. When well mixed, fold in 2 stiffly beaten egg whites, and pour into two well greased layer-cake pans. Bake in a moderate oven—350° F.—for fifteen minutes. Cool and spread pineapple icing between and on top.

ORANGE CAKE

2 cups sugar, 5 egg yolks; beat together and add 1 orange (juice and rind), when smooth add $\frac{1}{2}$ cup cold water, 2 cups flour, $1\frac{1}{2}$ teaspoons baking powder, 4 egg whites, beaten (1 white has been saved for frosting). Use boiled icing with orange flavor.

WHITE-MOUNTAIN CAKE (Large and Good)

1 cup sugar	2 cups flour, added slowly
$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ teaspoons (round) baking powder
3 egg yolks, beaten	1 teaspoon flavoring
$\frac{1}{2}$ cup milk	3 egg-whites, well beaten

Use white frosting on top and between layers. This is a moist, light yellow cake. Mix in order given.

HICKORY NUT CAKE

1 cup sugar	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ cup butter	Whites of 3 eggs, beaten well
$\frac{1}{2}$ cup milk	1 teaspoon vanilla
2 cups flour	1 cup nuts

Bake in loaf and use boiled frosting sprinkled with nuts or bake in layers and use sour cream filling with nuts.

MAPLE-WALNUT CAKE

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ teaspoons baking powder
1 cup sugar (brown or white)	in $1\frac{3}{4}$ cups flour
3 egg yolks, beaten	2 egg whites, beaten
$\frac{1}{2}$ cup milk	Maple flavoring
$\frac{1}{2}$ cup walnuts (black)	

Bake forty-five minutes. Mix in order given.

Frosting: Beat 1 egg white stiff, add 1 cup confectioner's sugar, 1 teaspoon maple flavoring. Or use a maple frosting.

MAPLE SYRUP CAKE

$\frac{1}{2}$ cup butter or substitute	$2\frac{1}{2}$ cups cake flour
$\frac{3}{4}$ cup sugar	$2\frac{1}{2}$ teaspoons (level) baking powder
2 eggs, beaten light	$\frac{2}{3}$ teaspoon (scant) soda
$\frac{3}{4}$ cup maple syrup	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ cup milk	

Cream the butter; beat in the sugar, the eggs, beaten without separating the whites and yolks, the syrup and, alternately, the milk and flour sifted with the baking powder, soda, and ginger. Use white or maple frosting.

1-2-3-4 CAKE

1 cup butter	3 cups flour
2 cups powdered sugar (or	4 eggs, beaten separately
$1\frac{3}{4}$ cups granulated)	$\frac{3}{4}$ cup milk
3 teaspoons baking powder	

Bake in three layers, color one pink or chocolate. Mix in usual order.

Filling: Beat 1 egg, add 1 cup sugar, $\frac{2}{3}$ cup milk, 1 tablespoon flour, 1 tablespoon cornstarch. Flavor and cook till thick. Nuts may be added to filling. Cool and spread.

Marshmallow Frosting: 1 egg white, 3 tablespoons water, $\frac{7}{8}$ cup sugar. Put all in double boiler over boiling water and beat seven minutes with egg-beater, then add 12 cut marshmallows and 1 teaspoon vanilla. Beat two minutes, and spread.

RIBBON CAKE

$1\frac{1}{2}$ cups sugar	3 beaten eggs
$\frac{3}{4}$ cup butter	2 teaspoons baking powder
$\frac{3}{4}$ cup milk	2 cups flour

Divide batter into three parts. To the first, add 1 teaspoon vanilla; to the second, pink fruit coloring; to the third, 1 tablespoon cocoa or spices. Bake in 3 layers. Use white frosting.

MARBLE CAKE (Small)

Cream 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, vanilla flavoring, whites of 4 eggs, beaten. Take 1 cup of the batter and add 5 tablespoons grated chocolate, wet with a little warm milk. Pour into pan in alternate spoonfuls with the plain batter. Instead of chocolate, spices or pink coloring may be used.

SWEET CREAM CAKE

2 eggs, beaten	2 teaspoons baking powder
1 cup sugar	1 tablespoon butter should be
$\frac{1}{2}$ cup cream	added if cream is thin
$1\frac{1}{2}$ cups flour	Combine in order given

SOUR CREAM CAKE

2 eggs	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	2 cups flour
1 cup thick, sour cream	$1\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{8}$ teaspoon soda
$\frac{1}{2}$ teaspoon lemon flavoring	

Beat eggs in the bowl in which the cake is to be mixed, add the sugar, cream and flavoring, and continue beating. Mix and sift flour, baking powder, soda, salt. Add this mixture to the one in the bowl, and mix only long enough to make the batter smooth.

Bake in two layers. Frost with 1 cup sugar, 1 oz. chocolate, $\frac{1}{2}$ cup cream, boiled to soft ball stage.

POPULAR COCOANUT CAKE

2 cups sugar	3 cups flour
1 cup butter	3 teaspoons baking powder
4 eggs	1 teaspoon vanilla
1 cup milk	Pinch of salt

Beat butter and sugar to smooth cream. Stir in well beaten egg-yolks, and beat until very light. Sift dry ingredients together three times, and add alternately with milk to first mixture. Add vanilla and carefully fold in whites of eggs, which have been beaten to stiff froth. Bake in layers in a moderate oven—350° F. Put together with cocoanut frosting.

Cocoanut Frosting

2 cups confectioner's sugar	1 can Baker's cocoanut,
$\frac{1}{2}$ teaspoon vanilla	Southern Style
4 tablespoons heavy cream	

Put sugar in bowl, add cream, a little at a time, and beat steadily. When icing is right consistency to spread, cover each layer and sprinkle heavily with cocoanut.

COCOANUT CAKE (Small)

$\frac{1}{3}$ cup butter	2 scant cups flour
1 cup sugar	$2\frac{1}{2}$ teaspoons baking powder
1 cup milk	Speck of salt
2 eggs, beaten separately	

Use confectioner's sugar mixed with cocoanut milk for filling, and sprinkle with cocoanut.

CUSTARD-NUT CAKE

$\frac{1}{2}$ cup sugar, sifted	2 teaspoons baking powder
4 beaten egg yolks	1 teaspoon vanilla
$1\frac{1}{2}$ cups cake flour	9 tablespoons milk, added slowly

Mix and divide into two greased cake pans. Beat the 4 egg-whites with $\frac{1}{2}$ cup sugar, and pour over the layers. Sprinkle with 1 scant cup chopped nuts (almonds or hickory) and bake slowly one-half hour. Put the layers together with lemon filling: $\frac{2}{3}$ cup milk, $\frac{1}{2}$ cup sugar, 1 egg, $\frac{1}{2}$ lemon, 1 tablespoon cornstarch. Cook till thick. No top frosting is needed. Excellent. (The layers are similar to sponge cake covered with meringue.)

WASHINGTON BANANA CAKE

1 cup sugar creamed with $\frac{1}{4}$ cup butter. Add yolk of 1 egg and mix thoroughly. Add $\frac{2}{3}$ cup milk and 1 teaspoon vanilla flavoring. Stir in $1\frac{1}{2}$ cups flour sifted with 2 teaspoons baking powder and a pinch of salt. Beat well and bake in a moderate oven in two layers. Cake tins should be rather deep.

For filling, take $\frac{1}{4}$ cup butter and cream in all the powdered sugar it will take. Spread thinly on cake and press into it bananas sliced crosswise. Beat the egg white stiff and sprinkle in, gradually, $\frac{1}{2}$ cup powdered sugar and add, a few drops at a time, $\frac{1}{2}$ teaspoon vanilla. Spread each layer with this. To be used while fresh, and the colder the better. If desired, the top layer may be put in the oven till the meringue is set and brown. Cocoanut or nuts may be added, or whipped cream may be used instead of egg.

SCHRAFFT'S PRUNE CAKE

$\frac{1}{2}$ cup butter	1 cup prune juice
1 cup sugar	$2\frac{1}{2}$ cups flour
1 egg, slightly beaten	1 teaspoon soda
1 cup chopped cooked prunes	1 teaspoon cinnamon
$\frac{1}{2}$ cup nuts	

Mix in order given, and bake in moderate oven about thirty to forty minutes.

LARGE PRUNE CAKE

$\frac{1}{2}$ cup shortening	1 cup milk
$1\frac{1}{3}$ cups sugar	1 teaspoon vanilla
2 eggs, slightly beaten	$1\frac{1}{2}$ teaspoons baking powder
$1\frac{1}{2}$ cups seeded cooked prunes	in 2 cups flour
$\frac{1}{2}$ cup prune juice	Mix in order given

WISCONSIN PRUNE CAKE

1 cup sugar	Pinch of salt
1 heaping tablespoon butter	$\frac{1}{2}$ teaspoon cinnamon, pinch
2 or 3 beaten eggs	allspice or nutmeg if liked
$\frac{2}{3}$ cup sour milk with 1	$1\frac{1}{2}$ cups flour
teaspoon soda	1 cup seeded, cooked prunes

If eggs are beaten separately and 2 teaspoons baking powder added, the cake is larger and lighter, but not so moist. Bake in sheet, or layers, in moderate oven. Butter frosting or whipped cream may be used.

FIG CAKE

1 cup raisins, $\frac{1}{2}$ package figs (1 cup chopped), mixed with 1 cup boiling water and 1 teaspoon soda. Let cool. Mix 1 cup sugar, $\frac{1}{2}$ cup butter, 1 egg white, and 4 egg yolks. Mix all together and add $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{4}$ teaspoon nutmeg or other spice, and 1 teaspoon vanilla. Add $1\frac{1}{2}$ cups flour and bake in layers. Use boiled or butter frosting.



DATE CAKE

1 package dates, cut fine. Add 1 cup boiling water with 1 teaspoon soda. Let cool. Mix $1\frac{1}{2}$ cups brown or white sugar, 1 heaping tablespoon butter, 1 egg. Pour dates over mixture and stir in 2 cups flour. Nuts may be added.

If a lighter, less moist cake is liked, add 3 teaspoons baking powder.

DATE CHEW CAKE

1 lb. dates (seed and cut)	1 cup sugar
1 cup walnuts	1 cup flour
3 eggs, well beaten	$\frac{1}{4}$ teaspoon baking powder

Bake twenty minutes (or longer, if it seems necessary) in moderate oven. May be served with whipped cream.

DATE TORTE

1 cup sugar	} stir together	4 round tablespoons flour
3 eggs		1 teaspoon baking powder

Add flour mixture to egg mixture, then add alternately:
1 cup dates and 1 cup walnuts, cut in small pieces.

Bake in slow oven (325° F.) about half an hour. Serve with whipped cream. Graham cracker crumbs may be used instead of flour.

RASPBERRY BAR CAKE

1 cup sugar	1½ cups flour
½ cup butter	1 teaspoon cream of tartar
½ cup milk	½ teaspoon soda
½ cup cornstarch	Whites of 3 eggs beaten to froth

Mix dry ingredients, except sugar, then combine in order given.

Pour ½ inch thick or less into sheet cake pan. Spread raspberry jam in diagonal stripes about 2 inches apart on top, and bake in moderate oven. Use boiled frosting, colored pink, and cut in bars about 2 by 4 inches. By spreading jam diagonally all the slices of cake show both colors distinctly.

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JAM CAKE

1 cup sugar	2½ cups flour
¾ cup butter	1 teaspoon soda
3 unbeaten eggs	1 teaspoon cinnamon
1 cup jam	½ teaspoon nutmeg
1 cup sour cream	¼ teaspoon cloves (or less)

Cream butter and sugar; beat in the eggs, add jam, sour cream, and then the dry ingredients, sifted together.

LARGE JAM CAKE

2 cups sugar	1 teaspoon cinnamon
1 cup butter	½ teaspoon nutmeg
3 eggs, well beaten together	½ teaspoon allspice
1½ cups raspberry jam	3 teaspoons baking powder
½ teaspoon soda dissolved in	4 cups flour
1½ cups buttermilk	1 cup nuts, if desired

Mix in order given, sifting the spices, baking powder and flour together. Bake in moderate oven in loaf or layers. Fine.

LARGE GRAHAM CRACKER CAKE

2 cups sugar	2 cups flour
⅔ cup butter	2 cups graham cracker crumbs
2 eggs, beaten separately	4 teaspoons baking powder
1½ cups milk	1 cup cocoanut or nuts

Cream butter and sugar, add yolks, then milk. Mix flour, finely rolled crumbs, and baking powder. Add to sugar mixture, then add nuts, then fold in the whites. Bake in 2 or 3 layers in moderate oven. Use Butter Frosting or any favorite. Delicious.

SMALL GRAHAM CRACKER CAKE

1 cup brown sugar	2 cups rolled graham crackers
$\frac{1}{4}$ cup butter	2 teaspoons flour
1 cup milk	2 teaspoons baking powder
2 eggs (reserve 1 yolk for filling)	$\frac{1}{2}$ cup pecan meats

Beat egg yolk and whites separately. Add other ingredients as listed. Bake in a slow oven (250° F.) in two cake pans.

Filling

$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup milk
1 teaspoon flour	

Heat this and pour over the yolk of 1 egg. Add 1 teaspoon vanilla. Cook in a double boiler until creamy, then cool and put between layers of graham cracker cake. Serve with whipped cream.

FOUR-EGG CARAMEL CAKE

$\frac{1}{2}$ cup butter or substitute	4 teaspoons baking powder
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt
4 egg yolks, beaten light	1 cup milk
Second $\frac{3}{4}$ cup sugar	1 teaspoon vanilla extract
3 cups cake flour	4 egg whites, stiffly beaten

Cream shortening with $\frac{3}{4}$ cup sugar. Beat the egg yolks until light, and add the second $\frac{3}{4}$ cup sugar, beating well. Add this sugar mixture to the first. Mix well. Sift the flour, measure, add baking powder and salt, and sift three times. Add flour mixture and milk alternately to the first mixture. Then add the vanilla extract. Fold in the egg whites, and bake in two layer cake pans in a moderate oven (350° F.). Put the layers together and cover cake with caramel icing.

Caramel Icing

Cook 2 cups light brown sugar with 1 cup milk or water, until it forms a soft ball when tried in cold water (238° F.). Add 1 tablespoon butter and 1 teaspoon vanilla; remove from fire, leave until cold, then beat until creamy. (Note: If the sugar curdles the milk, add a pinch of soda.)

BROWN SUGAR CAKE

2 cups brown sugar	1 cup sour milk
1 cup shortening (salt, if lard is used)	1 teaspoon vanilla
2 eggs	1 teaspoon soda
	1 teaspoon baking powder
$2\frac{1}{2}$ cups flour	

Mix in order given, sifting dry ingredients and beating eggs without separating. Fine with Mock Maple Icing.

THREE-MINUTE BROWN SUGAR LOAF CAKE

2 eggs (unbeaten)	1¾ cups flour
½ cup milk	3 teaspoons baking powder
1⅓ cups brown sugar	½ teaspoon cinnamon
⅓ cup soft butter (not melted)	½ teaspoon grated nutmeg
	½ lb. stoned, cut dates

Put the unbeaten eggs and all other ingredients in a mixing bowl together (without any previous mixing or the texture is changed) and beat three minutes. Bake in greased loaf cake pan in moderate oven thirty-five to forty minutes.

Frosting

Add about ½ cup water to 1¾ cups brown sugar and a pinch of salt. Cook till it spins a thread, then pour slowly into the beaten whites of 2 eggs.

BURNT SUGAR CAKE

Before mixing the batter, ½ cup sugar is caramelized for flavoring. Stir over fire till melted and light brown, then slowly add ⅓ cup boiling water (it may spatter but continue stirring). Boil a few minutes to reduce to ¼ cup thick syrup, then cool it.

Cream 1½ cup sugar with ⅔ cup butter. Add 2 beaten yolks, 1 cup cold water. Add 2 cups flour, then the cooled syrup and 1 teaspoon vanilla. Mix, then add ½ cup flour sifted with 2½ teaspoons baking powder. If the syrup was not thick a little more flour may be needed, but do not make batter very thick. Fold in 2 stiffly beaten whites. Use greased and well floured pans. Excellent.

Makes two large layers. Bake about thirty-five minutes in moderate oven. Use Mock Maple or Caramel Nut Frosting.

LARGE JELLY ROLL

1⅔ cups sugar (2 cups soft A or very light brown)	2 cups flour
2 teaspoons baking powder	Pinch of salt
	6 well-beaten eggs

Soft sugar makes a cake that rolls easier. Mix dry ingredients. Add eggs. Spread about ¼ inch thick in large cookie pan, with greased, floured paper in bottom. Bake rather slowly, about fifteen minutes at 400° F., without letting it brown, especially on the bottom.

Turn out on a cloth or heavy paper dusted with powdered sugar. Spread with jelly or custard at once. Trim off any rough or crusty edges. Roll quickly while warm, holding it by the cloth, and keep rolled in the cloth till cool.

PRUNE JAM ROLL

A prune jam made of 1 cup of pulp, cooked with $\frac{1}{2}$ cup sugar and $\frac{1}{3}$ cup water, until it is syrupy, makes an excellent filling for a jelly roll. Use any favorite recipe for the cake.

CUSTARD ROLL (Small)

3 eggs, well beaten, add $\frac{1}{2}$ cup light brown or white sugar, 5 tablespoons flour (round) with 1 teaspoon baking powder. Bake in thin sheet. Roll after spreading with custard.

Custard

1 pt. hot milk, 1 heaping tablespoon cornstarch, mixed with 2 heaping tablespoons sugar, a bit of the milk and 2 beaten egg yolks or 1 whole egg. Mix all carefully, and boil three minutes.

GINGERBREAD OR GEMS

$\frac{1}{2}$ cup butter or good drippings	1 cup sour milk (or sweet milk
$\frac{1}{2}$ cup sugar (white or brown)	containing 1 teaspoon vine-
1 cup Duff's molasses	gar, or use water with half
1 teaspoon ginger	the soda, and an extra $\frac{1}{4}$ cup
$\frac{1}{2}$ teaspoon cinnamon (and	shortening and an extra egg)
cloves, if liked) and salt	2 teaspoons soda in 2 table-
1 slightly beaten egg	spoons hot water
	$2\frac{1}{2}$ cups flour

Mix slightly warmed butter with spices, sugar, salt, and molasses. Add egg; then milk, and soda, and flour. $\frac{1}{2}$ cup apple sauce may be added for extra flavor and moisture.

This will make 24 gems if preferred. Or, it may be baked in two layers, and put together with marshmallows. Use a toothpick to keep top layer from sliding off while you set it in the oven a minute to soften them. It may also be served hot as a pudding with hot lemon sauce or a custard or whipped cream.

LARGE GINGERBREAD

Bring to boiling point 2 cups molasses, and 1 cup butter. Remove from fire. Stir in 2 teaspoons soda, 1 teaspoon ginger, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ grated nutmeg. Then add alternately, a little at a time, 1 cup **sour milk**, and 3 cups flour. Add 1 egg, beaten until very light, and 4 teaspoons baking powder. Pour into greased, warm tins, and bake quickly—about fifteen or twenty minutes, at 350° F.

FROSTED CHOCOLATE GINGERBREAD

- | | |
|--|-------------------------------------|
| 1 beaten egg | $\frac{1}{2}$ teaspoon allspice |
| 2 heaping tablespoons marmalade or sugar | 1 tablespoon (heaping) cocoa |
| 3 heaping tablespoons shortening | 1 cup molasses |
| 1 teaspoon ginger | $2\frac{1}{4}$ cups flour |
| 1 teaspoon cinnamon | 1 teaspoon soda in 1 cup warm water |
| | Mix in order given. |

Icing

- | | | |
|-------------|-------------------|------------------------|
| 1 cup sugar | 1 teaspoon butter | $\frac{1}{2}$ cup milk |
|-------------|-------------------|------------------------|

Boil four minutes. Add 1 teaspoon flavoring. Beat till creamy.

LIGHT CHOCOLATE CAKE

Cream together $\frac{1}{2}$ cup shortening (scant, if lard is used), 2 cups sugar, 3 egg yolks. Sift together three times $2\frac{1}{2}$ cups flour (a bit more if batter is too thin), 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, if needed.

Melt 2 squares chocolate in 1 cup boiling water and cool, then add the flour and sugar mixtures alternately, a little at a time. When smooth, fold in 3 stiffly beaten whites. May be baked and iced, in sheet cake pan. Boiled Frosting preferred.

COCOA DEVIL'S FOOD

- | | |
|----------------------------------|-------------------------------|
| $1\frac{1}{2}$ cups sugar | $1\frac{1}{2}$ cups sour milk |
| $\frac{3}{4}$ cup lard or butter | $1\frac{1}{2}$ teaspoons soda |
| $\frac{2}{3}$ cup cocoa (dry) | 2 cups flour |
| 2 egg yolks | 2 egg whites, well beaten |

Mix in order given, and bake in moderate oven. Frost as desired.

DEVIL'S FOOD WITH RAISINS

- | | |
|-----------------------------|---|
| 1 cup sugar | $\frac{1}{2}$ cake German sweet chocolate, dissolved in 4 tablespoons milk over hot water |
| $\frac{1}{2}$ cup butter | 2 cups flour |
| 1 egg | 1 cup raisins |
| $\frac{3}{4}$ cup sour milk | Use Bittersweet or Boiled Frosting |
| 1 teaspoon soda | |
| 1 teaspoon vanilla | |

CHOCOLATE POTATO SPICE CAKE

- | | |
|--|--|
| 2 cups sugar (white or brown) | 4 squares chocolate, grated or melted |
| $\frac{3}{4}$ or 1 cup butter | 2 cups flour |
| 4 eggs | 3 teaspoons baking powder |
| 1 cup milk | $\frac{1}{2}$ teaspoon each of cinnamon and cloves |
| 1 cup mashed potatoes or use raw potato put through food chopper | 1 cup walnuts |

Cream butter and sugar. Add eggs and milk, then potatoes and chocolate. Mix and sift dry ingredients; add, and beat well. Add nuts. Bake in moderate oven (fifty-five minutes at 350° F.). Fine.

This cake is smaller but excellent also, if eggs are omitted; it is more moist.

BITTERSWEET CAKE (Moist and Small)

1 cup sugar	1 teaspoon vanilla
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup sour milk with $\frac{1}{4}$ tea-
2 eggs (not separated or beaten very light)	spoon soda (or sweet milk without soda, and adding 1
2 squares bitter chocolate, melted over steam	teaspoon baking powder, and
$\frac{1}{2}$ cup water	$\frac{1}{4}$ cup flour)
	$1\frac{2}{3}$ cups flour
	$\frac{1}{2}$ teaspoon salt

Mix in order given and bake in two small layers, about thirty minutes, at 400° F., and use **Butter Frosting**:

2 cups powdered sugar	1 teaspoon vanilla
2 tablespoons butter	3 tablespoons cream

Mix and spread frosting between layers and on top. When set and smooth, cover top with a layer of melted bitter chocolate (about $1\frac{1}{2}$ squares) put on with knife or small brush.

BROWN STONE FRONT CAKE

$2\frac{3}{4}$ cups sugar	1 cup sour milk or buttermilk
1 cup butter	1 cup boiling water
$3\frac{1}{2}$ cups mixed or bread flour	2 teaspoons soda (scant) mixed with
$\frac{1}{2}$ cup cornstarch sifted 3 times with the flour	3 heaping tablespoons cocoa
	2 teaspoons vanilla
	4 well-beaten eggs

Cream the butter and sugar, then add all the milk and flour at once and beat well. Add the soda and cocoa dissolved in the hot water, then add the vanilla and eggs. Makes 2 large layers and a small sheet cake. Bake in moderate oven. Use Fluffy Boiled Frosting.

LARGE CHOCOLATE FUDGE CAKE

Cream 2 cups sugar, $\frac{1}{2}$ cup butter; add 4 tablespoons cocoa (or $\frac{1}{2}$ cup, if liked darker). Beat and add 2 eggs and 1 teaspoon salt. Dissolve 2 teaspoons soda in 1 cup **sour milk**. Add 3 cups flour; $\frac{1}{2}$ cup boiling water; 1 teaspoon vanilla. Bake in two large tins. When cold spread **Cornstarch Filling** between layers:

- | | |
|-------------------------|--|
| 1 cup hot water | 2 tablespoons butter |
| 1 tablespoon cocoa | 1 tablespoon cornstarch in $\frac{1}{2}$ |
| $\frac{2}{3}$ cup sugar | cup cold water |
| | $\frac{1}{2}$ teaspoon vanilla |

Cook until thick. Beat and spread. Use any desired frosting.

SUE'S FUDGE CAKE

- | | | |
|----------------------------------|-----------------------------|------------|
| 1 cup sugar | 2 cups sifted flour | |
| $\frac{1}{2}$ cup butter (scant) | 1 teaspoon baking | } in flour |
| 2 squares bitter chocolate, | powder | |
| melted | $\frac{3}{4}$ teaspoon soda | |
| 1 egg | $\frac{1}{2}$ teaspoon salt | |
| 1 cup sour milk or cream | 1 teaspoon vanilla | |

Cream butter and sugar; add chocolate, egg, and milk, and beat well. Mix all dry ingredients together and fold in. Use fudge, mocha, or boiled frosting.

WELLESLEY FUDGE CAKE

- | | |
|-------------------------------|-------------------------------------|
| 4 tablespoons butter (melted) | 4 squares bitter chocolate |
| 2 eggs | { 2 teaspoons baking powder |
| 2 cups sugar | |
| $1\frac{1}{2}$ cups milk | |
| 2 teaspoons vanilla | $\frac{1}{4}$ teaspoon salt |
| | $\frac{3}{4}$ cup nuts may be added |

Melt the butter and stir it into the beaten egg yolks. Add the sugar and cream well together. Add $\frac{1}{3}$ of the milk, then half of the dry ingredients sifted together; beat well, then add the vanilla and melted chocolate, beat and add the rest of the dry ingredients, and the rest of the milk, and beat well. Fold in the beaten whites, and bake in a very moderate oven for about thirty to forty minutes. The chocolate makes this cake delicious, but it burns more easily than the average cake.

Frosting

- | | |
|------------------------|---------------------|
| 2 cups sugar | 2 squares chocolate |
| $\frac{3}{4}$ cup milk | 2 teaspoons butter |

Mix the sugar and milk, let stand a few minutes, then stir over a very low fire till the sugar is dissolved, then add the melted chocolate, and cook to soft ball stage. Drop in the butter without stirring, and let cool before beating. If it should harden before it is spread, add 2 tablespoons Karo, or cream, and melt; then test, and beat up without cooling again.

FUDGE MOLASSES CAKE

- | | |
|--|---|
| $\frac{1}{2}$ cup butter and 1 cup sugar,
creamed | $\frac{1}{2}$ cup sour milk |
| 2 eggs, beaten separately | $\frac{1}{2}$ cup hot water with 1 tea-
spoon soda |
| 3 squares chocolate, melted | 2 cups sifted flour |
| $\frac{1}{2}$ cup molasses | $\frac{1}{2}$ teaspoon cinnamon |

Mix in order given, adding whites of eggs last. Bake one hour in slow oven. Makes two large layers. Use white or chocolate fudge frosting.

CHEAP CHOCOLATE LAYER CAKE

- | | |
|------------------------------------|--|
| 1 cup sugar | } cream |
| $\frac{1}{4}$ cup butter | |
| 1 egg, slightly beaten | 1 teaspoon vanilla |
| $\frac{1}{4}$ cup sour milk | $1\frac{1}{2}$ squares chocolate dis-
solved in |
| 1 teaspoon soda in | $\frac{1}{2}$ cup boiling water |
| 1 heaping cup flour | |

Beat well. The batter should be thin. Makes a small, good cake. Use Fudge Raisin Frosting.

CHOCOLATE CUSTARD CAKE

- | | |
|-----------------------------|---|
| 2 squares bitter chocolate | $\frac{1}{2}$ cup butter |
| 3 tablespoons water | 1 cup sour milk or <i>buttermilk</i> ,
with $\frac{1}{2}$ teaspoon soda |
| $1\frac{1}{4}$ cups sugar | 1 egg yolk (white for frosting) |
| Heat all together, then add | 2 scant cups flour |

Bake in two layers. Use Custard Filling and Bittersweet Frosting.

Custard Filling

- | | |
|-------------------------|----------------------------|
| 1 egg | 1 heaping tablespoon flour |
| $\frac{1}{2}$ cup sugar | $\frac{3}{4}$ cup milk |
| | $\frac{1}{2}$ cup nuts |

Mix in order given. Cook till thickened. Cool and spread between layers.

Bittersweet Frosting

Boiled frosting covered with melted chocolate.

SPANISH WHIPPED CREAM CAKE

- | | |
|------------------------------|---------------------------|
| $\frac{1}{2}$ cup shortening | 3 teaspoons baking powder |
| 1 cup sugar | 1 tablespoon cocoa |
| 2 eggs | 1 teaspoon cinnamon |
| $1\frac{3}{4}$ cups flour | $\frac{3}{4}$ cup milk |

Cream shortening; add sugar and yolks of eggs, beat well; sift together flour, baking powder, cocoa and cinnamon, and add alternately with milk; fold in beaten whites of eggs. Bake in two greased layer tins in moderate oven, thirty-five to forty minutes. Put together with the following whipped cream:

Cocoa Whipped Cream

1 cup whipping cream	$\frac{1}{3}$ cup powdered sugar
4 tablespoons cocoa	$\frac{1}{2}$ teaspoon vanilla

Mix the cocoa and sugar with a little hot water until well blended. Add vanilla and cream, whipped until stiff enough to spread.

CHOCOLATE ROLL (for 4)

2 egg yolks	2 heaping teaspoons cocoa (no flour)
3 heaping teaspoons sugar	2 egg whites
$\frac{1}{2}$ cup cream, whipped	

Beat the egg yolks and sugar together until well creamed, add the cocoa, and vanilla enough to flavor. Lastly add stiffly beaten egg whites. Spread in a greased and floured, small, square, shallow pan, and bake thirty minutes in slow oven. When cool, spread with sweetened, whipped cream. Roll as you would a jelly roll, spreading whipped cream with each rolling. May be cut in squares, without rolling, if preferred. Serves four. Melts in your mouth like meringue. For larger roll double all except cocoa—use 3 heaping teaspoons cocoa.

CHOCOLATE MARSHMALLOW ROLL

Mix $\frac{1}{2}$ cup sugar with 2 tablespoons cocoa. Add 2 beaten eggs, and beat until very light. Stir in 1 tablespoon melted butter, then $\frac{1}{2}$ cup flour sifted with $\frac{3}{4}$ teaspoon baking powder. Bake in moderate oven about fifteen minutes. Spread with marshmallow whip and roll while warm, or cover with marshmallows and soften them in the oven.

FRENCH PASTRY CAKES

1 cup sugar, sifted once; 1 heaping cup bread flour, sifted twice, with 2 round teaspoons baking powder and $\frac{1}{2}$ teaspoon salt.

Whip 2 large whites, or small whole eggs, separately till very stiff; add half the sugar and beat, then add half the flour mixture and beat. Repeat, adding the remaining sugar and flour alternately, beating constantly. Have $\frac{1}{2}$ cup milk hot, and add 2 teaspoons butter; when it starts to boil add it to the batter, stirring till smooth. Put into buttered sheet pan, gem tins, small gelatin molds or any fancy tins. Let stand five minutes before baking in moderate oven. Trim with candied fruits, jellies, nuts, marsh-

mallows, cocoanut, and various colored and flavored frostings, according to those seen in the shops. Sometimes the cakes are baked in muffin tins, lined with flaky pastry (like pie crust). If baked in a sheet, cut in two or three inch squares.

Chocolate Squares

Color a little of the cake-batter with melted chocolate and bake in a small, two-inch-deep pan; when cool cut in two-by-four-inch rectangles—smaller if preferred; lay a few pieces of marshmallow on the top of each in a regular pattern and cover tops and sides of cakes with chocolate frosting. Cut a plump maraschino cherry nearly through in both directions, pull slightly apart, give it two leaves of citron, and place in the middle of each top. These may be cut in two and a slice of ice cream put between, or use custard filling and cocoanut frosting.

TROPIC-AROMA LAYER CAKE

$\frac{1}{2}$ cup shortening	4 teaspoons baking powder
$1\frac{1}{4}$ cups sugar	$\frac{1}{4}$ teaspoon salt
2 eggs	1 teaspoon nutmeg
$2\frac{1}{2}$ cups flour	1 teaspoon cinnamon
1 cup milk	

Cream shortening; add sugar and beaten eggs. Mix well and add (sifted together) half the flour, baking powder, salt and spices; add milk and remainder of dry ingredients. Bake two-thirds of this batter in two greased and floured layer tins, and to remaining third add 1 tablespoon cocoa, which has been mixed with 1 tablespoon cold water. Use this for middle layer. Bake layers in moderate oven (375° F.) fifteen to twenty minutes. Put following filling and icing between layers and on top of cake:

3 tablespoons butter	5 tablespoons cocoa (dry)
3 cups confectioner's sugar	1 teaspoon vanilla extract
5 tablespoons strong coffee	

Cream butter. Add sugar and cocoa very slowly, beating until light and fluffy. Add vanilla and coffee slowly, a few drops at a time, making soft enough to spread.

MOCHA SPICE CAKE

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ round teaspoons baking powder
1 cup sugar	$\frac{1}{8}$ teaspoon salt
2 eggs	2 teaspoons mixed, ground spices
$\frac{1}{2}$ cup strong coffee	
2 cups flour	

Cream butter and sugar, add well beaten yolks. Add coffee, then slowly add half the flour sifted with baking powder, salt and

spices, mix, then add well beaten whites. Add remainder of flour and mix lightly. Bake in moderate oven, forty-five to fifty minutes. Fine.

Mocha Frosting

Mix $1\frac{1}{2}$ tablespoons butter, $1\frac{1}{2}$ cups or more confectioner's sugar, 2 tablespoons cocoa, 2 tablespoons strong coffee, $\frac{1}{4}$ teaspoon salt.

LARGE COFFEE SPICE CAKE (Fine)

2 cups brown sugar	1 teaspoon nutmeg
1 cup lard	3 cups flour
3 eggs (beaten together)	1 teaspoon soda
1 cup cold coffee	1 teaspoon cream of tartar
1 teaspoon cinnamon	1 teaspoon cornstarch
1 teaspoon cloves	Add 1 cup raisins, if liked

Mix in order given, sifting dry ingredients together. Bake in moderate oven about fifty minutes. White or Mock Maple Icing.

RAISIN CAKE

1 egg, well beaten	$\frac{1}{2}$ cup water boiled a few minutes with 1 cup raisins
1 round tablespoon lard	
1 round tablespoon butter	1 teaspoon soda stirred in with the raisins while still warm
$\frac{3}{4}$ cup sugar	
	$1\frac{1}{2}$ cups flour

Mix in order given. Bake in loaf or layers in moderate oven.

EGGLESS CAKE

1 cup brown sugar	1 teaspoon cinnamon
1 cup sour milk	1 teaspoon cloves
1 teaspoon soda	1 teaspoon nutmeg
4 tablespoons melted butter	1 cup raisins (floured)
	2 cups flour

Sift dry ingredients (except sugar) and mix in order given.

WAR CAKE (Eggless, Milkless, Butterless)

1 cup brown sugar (or white)	$\frac{1}{2}$ teaspoon salt
1 cup seedless raisins	$\frac{1}{3}$ teaspoon cloves (or use $\frac{1}{2}$ teaspoon each of cinnamon, allspice and nutmeg)
1 cup water	
2 cups flour	For richer cake use 2 tablespoons or $\frac{1}{2}$ cup butter or lard
1 cup nuts may be added	
1 teaspoon soda	
$\frac{1}{2}$ teaspoon baking powder	

Boil sugar, raisins, and water five minutes. Add shortening, if used. When cool add soda dissolved in a little water, add flour

with baking powder, nuts and cloves. Bake in a loaf pan forty minutes.

MISSIONARY CAKE (Large)

1 lb. raisins stewed fifteen minutes in 2 cups water. Add 1 cup cold water; 2 cups sugar, $\frac{1}{2}$ cup lard, 1 teaspoon each nutmeg, cinnamon, salt. $\frac{1}{2}$ teaspoon cloves, 4 cups flour, 1 teaspoon baking powder, 1 teaspoon soda. 1 cup nuts may be added. Bake one hour in loaf.

APPLE SAUCE CAKE (Eggless)

$\frac{1}{2}$ cup shortening	2 teaspoons soda in 2 tea-
1 cup sugar	spoons water
$1\frac{1}{2}$ cups unsweetened sauce	1 cup raisins
3 tablespoons molasses	$\frac{1}{2}$ cup walnuts
1 teaspoon cinnamon	2 heaping cups flour
1 teaspoon allspice	White or chocolate frosting

Mix in order given.

PRINCE OF WALES' CAKE

1 cup sugar	2 cups flour mixed with
$\frac{1}{2}$ cup butter	1 teaspoon cinnamon
$\frac{1}{2}$ cup sour milk	$\frac{1}{3}$ teaspoon cloves
2 eggs	1 teaspoon baking powder
1 tablespoon molasses (dark)	1 cup raisins
1 teaspoon soda in bit of water	$\frac{1}{2}$ cup nuts

Makes two large layers. Mix in order, sifting four dry ingredients, and adding them to the raisins.

Filling

$\frac{1}{2}$ cup sugar	1 teaspoon vanilla
2 tablespoons flour	1 cup milk
1 egg yolk	1 tablespoon butter

Mix sugar and flour, add egg yolk, then other ingredients. Cook till it thickens.

Frosting

1 cup sugar dissolved in $\frac{1}{2}$ cup water.

Boil till it threads and add slowly to 1 beaten egg white. Beat till cool and spread.

PLAIN FRUIT CAKE

1 cup butter	2 teaspoons cinnamon
2 cups sugar	$\frac{1}{2}$ teaspoon soda
$3\frac{1}{2}$ cups flour	1 teaspoon cloves
1 cup milk	2 lbs. raisins (or 1 lb.)
4 eggs	1 lb. currants

Cook raisins and currants in just a little hot water, and add hot to batter last. This makes cake lighter, and keeps fruit from sinking. Bake in two loaves for one and a quarter hours or longer in oven at 250° to 300° F. Or steam two hours, then bake one hour.

PRESIDENT'S FRUIT CAKE

Cut into small pieces and blend together $\frac{1}{2}$ lb. candied cherries, $\frac{1}{2}$ lb. candied pineapple, 1 lb. raisins and $\frac{1}{2}$ lb. citron or thinly sliced candied lemon peel, and 1 teaspoon gelatin soaked in $\frac{1}{4}$ cup orange juice, then dissolved over hot water. Soak the whole mixture over night in $\frac{1}{2}$ cup grape juice.

Cream 1 cup shortening and $\frac{1}{2}$ cup sugar. Beat yolks of 6 eggs very light with $\frac{1}{2}$ cup sugar—combine the two; add $\frac{1}{2}$ glass grape jelly, 2 teaspoons cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon allspice.

Sift 1 teaspoon baking powder with $1\frac{1}{2}$ cups flour and add alternately with stiffly beaten whites of 6 eggs; then 2 teaspoons melted chocolate.

Sift 1 cup flour over fruit and add to batter; put in last $\frac{1}{2}$ lb. blanched and ground almonds, and $\frac{1}{2}$ lb. pecans.

Place in three loaf cake pans (the sides and bottoms of which are smoothly lined with greased, heavy brown paper). Steam slowly for six hours. Place in slow oven (250° F.) and allow to dry out for an hour.

SOUTHERN FRUIT CAKE

$\frac{1}{2}$ lb. butter
 $1\frac{1}{2}$ cups sugar
 5 eggs (beaten separately—fold whites in last)
 $\frac{1}{2}$ lb. candied pineapple
 $\frac{1}{2}$ lb. maraschino cherries
 1 lb. raisins or part currants
 $1\frac{1}{2}$ lb. dates
 1 candied orange and 1 lemon peel (or citron)

$\frac{1}{2}$ lb. figs
 $\frac{1}{2}$ cup strawberry preserves or blackberry jelly
 $\frac{1}{2}$ cup grape juice (or wine)
 2 cups flour mixed with 1 teaspoon each of cinnamon, cloves, nutmeg, and
 2 teaspoons baking powder
 1 lb. pecans
 $\frac{1}{2}$ lb. almonds

Save some of the whole almonds, pecans, cherries, and strips of pineapple to arrange in circles on top before baking. Makes two medium-sized cakes. Moist and solid, but pretty and delicious if a solid cake is liked.

Mix in order given except folding whites in last. Chop the fruit and peels in thin slices, and roll in extra flour not measured. Leave nuts whole or just broken. Line two bread or angel food pans, well greased, with greased brown paper, then several thicknesses of heavy waxed paper, and then butter the last layer of

waxed paper well, before adding batter. Set a pan of water in the bottom of oven, or use asbestos mat. Bake cakes with flame as low as possible for four hours. (It may be slightly higher the first hour.) Or, they may be steamed five hours, then baked one hour at lowest heat. Wrap cakes in cloth dampened with wine or grape juice, and keep in tight can at least three weeks before using. If grape juice is used keep in cold place to prevent mould.

WHITE FRUIT CAKE

2 cups sugar	$\frac{1}{2}$ lb. each of sliced dates,
1 cup butter	figs, nuts, and whole, seed-
1 egg	less raisins dusted with flour
2 teaspoons soda, carefully dis-	1 teaspoon each of cinnamon
solved in	and allspice, if liked, but
1 pt. buttermilk	they darken the cake
3 cups flour	

Mix in order given. Citron and preserved lemon peel may be added. Maraschino cherries also add to appearance when cut. Bake slowly about two hours. The dark fruit darkens the cake some, but it is much lighter (in color and texture) than most fruit cakes. Candied cherries, fruit peel, pineapple, and a few currants may be used instead of the raisins if lighter color is desired.

SWANSDOWN WHITE FRUIT CAKE

4 cups sifted cake flour	1 lb. seedless raisins
1 teaspoon baking powder	$\frac{1}{2}$ lb. citron, cut fine
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ lb. each crystallized orange
$\frac{1}{2}$ teaspoon salt	peel, lemon peel, pineapple,
1 cup shortening	and red cherries, cut as de-
$1\frac{1}{2}$ cups sugar	sired
1 tablespoon lemon juice	1 lb. blanched almonds, cut fine
10 egg whites, beaten stiff	

Sift flour once, measure, add baking powder, soda, and salt, and sift together five times. Sift 1 cup of this flour mixture over fruits and nuts; mix thoroughly. Cream shortening until light and fluffy, add sugar gradually, and cream together thoroughly. Add remaining flour mixture to creamed mixture, a small amount at a time. Beat after each addition until smooth. Add lemon juice, fruits, and nuts. Fold in egg-whites. Pour in tube pan or small bread pans prepared with a paper lining in the bottom. Bake in slow oven (250° F.) two and a half hours, then increase to 300° for fifteen minutes. Makes six pounds.

GRAPE-NUTS RAISIN CAKE

1 $\frac{3}{4}$ cups sifted cake flour	1 cup warm water
1 teaspoon baking powder	1 cup Grape-Nuts
1 teaspoon soda	$\frac{1}{2}$ cup butter or other
1 teaspoon salt	shortening
1 teaspoon cinnamon	1 cup brown sugar
$\frac{1}{2}$ teaspoon nutmeg	2 eggs, beaten light
1 cup raisins	

Sift measured flour, baking powder, soda, salt, cinnamon and nutmeg together twice. Pour warm water over Grape-Nuts. Cream shortening until light and fluffy, then add sugar gradually, and cream together thoroughly. Add eggs. Add sifted dry ingredients to creamed mixture, alternately with water and Grape-Nuts, a small amount at a time. Beat after each addition until smooth. Add raisins. Bake in loaf in moderate oven (350° F.) one hour. Makes one medium-sized cake.

GOLDEN OR DUNDEE FRUIT CAKES (3 loaves)

$\frac{7}{8}$ cup shortening	1 cup seeded raisins cut in
$\frac{2}{3}$ cup sugar	small pieces (or use dates)
4 eggs, unbeaten	$\frac{1}{3}$ cup preserved orange and
$\frac{1}{2}$ cup almonds	lemon peel (or use citron)
2 $\frac{3}{4}$ cups flour with	2 tablespoons orange juice
1 teaspoon baking powder	1 teaspoon orange extract and
1 cup seedless raisins	1 teaspoon vanilla

Almonds, cherries, nut meats, or pineapple, to garnish top

Cream the shortening, add sugar slowly; add 1 egg, and beat five minutes. Add a second egg, and again beat five minutes. Repeat the process with the third and fourth egg used, then stir in the almonds, which should be blanched, chopped, and mixed with flour; add the raisins and fruit peel, cut fine and mixed with orange juice. Add extract and put in three small bread pans lined with paper and greased. Bake in a slow oven at 275° F. for one hour, covered with paper as soon as it browns.

Before baking cover with halved candied cherries, sliced citron, blanched almonds, candied pineapple, or broken nut meats. When cool put in a tightly covered stone jar and they will keep for weeks. Popular English cake. (Heavy and moist.)

PECAN CHRISTMAS CAKE

1 lb. brown sugar	1 teaspoon baking powder (in
$\frac{1}{2}$ lb. butter	the flour)
6 eggs (beaten without separating)	1 lb. flour
1 lb. seeded raisins (mixed with	1 lb. nut meats (not chopped)
part of the flour)	

Combine in order given. Makes 5 lbs. of cake. Bake in one or two pans for three hours, as slow as possible. Line the pans with several thicknesses of heavy, greased paper. Excellent.

WATERMELON CAKE

White Part.—Cream together $\frac{1}{2}$ cup of butter and 1 cup of granulated sugar. Add $\frac{1}{2}$ cup of sweet milk and 2 scant cups of flour, to which 1 teaspoon of baking powder has been added before sifting. Fold in the stiffly-beaten whites of 4 eggs.

Pink Part.—Cream together $\frac{2}{3}$ cup of pink sugar and $\frac{1}{4}$ cup of butter. Add $\frac{1}{4}$ cup of sweet milk, 1 cup of seedless raisins, the stiffly-beaten whites of 2 eggs, 1 teaspoon of baking powder, and enough flour to make a stiff batter. Flavor with rose. Use coloring instead of pink sugar if preferred.

Line the sides and bottom of the pan with white dough and fill in the center with the pink. Put a covering of white dough over the top. Bake in a moderate oven. Ice the cake on top and over the sides with icing, to which green vegetable coloring has been added. Slices of this cake resemble watermelon.

SCRIPTURE CAKE

1 cup butter.....	<i>Judges 5:25</i>
3 cups flour.....	<i>1 Kings 4:22</i>
$3\frac{1}{2}$ cups sugar.....	<i>Jeremiah 6:20</i>
2 cups raisins.....	<i>1 Samuel 30:12</i>
2 cups figs.....	<i>1 Samuel 30:12</i>
1 cup water.....	<i>Genesis 24:17</i>
1 cup almonds.....	<i>Genesis 43:11</i>
6 eggs (slightly beaten).....	<i>Isaiah 10:14</i>
1 tablespoon honey.....	<i>Exodus 16:31</i>
Pinch salt.....	<i>Leviticus 2:13</i>
Spices to taste.....	<i>1 Kings 10:10</i>
2 tablespoons baking powder.....	<i>1 Cor. 5:6</i>

Put all together and beat well.

CRUMB CAKE

$2\frac{1}{2}$ cups flour	2 teaspoons baking powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup butter

Mix and save 1 cup of the crumbs to sprinkle on top of cake before baking. To the rest add 2 well beaten eggs, and 1 cup milk, 1 teaspoon vanilla. (The butter is rubbed into the mixed dry ingredients.)

Pour into greased sheet cake pan, sprinkle with the cup of crumbs. Bake in moderate oven thirty-five minutes. Fine with chocolate or lemonade. Needs no frosting.

SPICY CRUMB CAKE

1 cup sugar

 $\frac{1}{2}$ cup butter

2 cups flour

Mix the flour and sugar, then rub the butter in like pie crust. Take out $\frac{1}{2}$ cup of the crumbs to sprinkle on top of the cake. To the remaining crumbs, add

1 cup **sour milk** in which

1 teaspoon soda is dissolved; add

1 teaspoon cloves

1 teaspoon cinnamon

1 slightly beaten egg

 $\frac{1}{2}$ cup raisins

Sprinkle the $\frac{1}{2}$ cup crumbs on top after pouring the mixture into a greased sheet pan. Bake slowly—forty to fifty minutes,—at about 325° F.

BLITZ TORTE $\frac{1}{4}$ cup butter rubbed into

2 cups flour mixed with

2 cups brown sugar

 $1\frac{1}{2}$ teaspoons baking powder

1 teaspoon soda

Mix and save out $\frac{3}{4}$ cup of this crumb mixture. To the remainder add 1 egg and 1 cup milk. Pour into greased pan and sprinkle the $\frac{3}{4}$ cup of crumbs on top. Bake and serve with whipped cream.

BLITZ ALMOND TORTE $\frac{1}{4}$ lb. butter ($\frac{1}{2}$ cup) $\frac{1}{4}$ lb. sugar ($\frac{1}{2}$ cup)3 eggs, beaten separately,
adding whites last

1 cup flour

1 teaspoon baking powder

Flavoring

Spread thin, strew with almonds and sugar. Bake in quick oven.

DATE TORTE

2 eggs, well beaten

1 cup powdered sugar

1 cup chopped walnuts or
almonds

1 cup chopped dates

2 round tablespoons flour

1 teaspoon baking powder

Bake slowly one hour. Serve with whipped cream.

DATE CRUMB TORTE3 heaping tablespoons fine, dry
bread crumbs, or graham
cracker crumbs, or flour $\frac{1}{2}$ lb. dates, chopped a bit $\frac{1}{2}$ lb. walnuts

1 cup sugar

1 teaspoon baking powder

6 beaten eggs

Bake rather slowly. Break into pieces and serve with whipped cream. (Use sheet cake or torte pan.)

This torte is also delicious if the eggs are beaten separately, folding whites in last. Then bake in layers, and use lemon custard filling, and put whipped cream on top. Fine.

CHEESE TORTE OR CAKE

1 pkg. Holland rusks (or zwie-	1 cup sugar
back) rolled fine	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup melted butter	

Mix and line a torte or cake pan with the mixture, saving 1 cup of the mixture to sprinkle on top of the filling.

Filling

$1\frac{1}{2}$ lbs. (3 cups) cottage cheese	2 tablespoons flour
$1\frac{1}{2}$ cups sugar (scant)	1 teaspoon lemon flavoring
4 eggs, beaten separately	$\frac{1}{2}$ pt. cream

Mash cheese fine, add sugar, egg yolks, cream and flour. Fold in the whites; pour into the pan, put 1 cup crumb mixture on top, and bake $1\frac{1}{2}$ hours in a very slow oven. Serve with whipped cream.

FRUIT TORTE

Line a torte pan with crumb mixture the same as for cheese cake (above). Substitute canned or raw fruit for the cheese, then fill and bake the same as cheese cake, using the custard mixture just the same with the fruit instead of cheese.

FARINA TORTE

Beat 4 egg yolks with 1 cup sugar. Add stiff whites and fold in 1 cup uncooked Farina. Add nuts, if desired. Bake in two thin layers, and put together with whipped cream or cornstarch custard.

SCHAUM TORTE OR MERINGUE KISSES

6 egg whites (absolutely fresh). Beat about fifteen minutes with Dover beater, then add pinch of cream of tartar and beat while adding 2 cups sugar gradually. Beat again and add 1 teaspoon vanilla, 1 tablespoon vinegar.

Bake in very slow oven for one hour in one layer (or two for whipped cream between and on top). Serve cold with whipped cream; cut like a pie very carefully. Or drop the mixture and make meringue kisses. (This torte is crisp like kisses.)

CRANBERRY TORTE

4 egg yolks beaten with 1 cup sugar; add 1 cup walnuts (large pieces), 1 cup chopped dates, 4 egg whites beaten, 1 teaspoon baking powder in 1 cup flour.

Bake and turn out to cool. Cover with 1 or 2 cups jellied cranberries. Cover jelly with whipped cream. (Fine.)

PINEAPPLE TORTE

2 cups sifted flour
1 heaping teaspoon baking powder

$\frac{1}{2}$ cup butter,
3 egg yolks, slightly beaten

Mix and bake in shallow tin like a pie crust—not too brown. Then mix and boil together till thick—1 can grated pineapple, 1 cup sugar, and 2 tablespoons cornstarch.

Cool and add beaten whites of 3 eggs. Pour into crust, place in moderate oven till filling sets. Serve with whipped cream.

PINEAPPLE CREAM CAKE

Drain 1 can crushed or grated Hawaiian pineapple. Beat $\frac{1}{4}$ cup butter to a cream, add the yolks of 2 eggs, beat and gradually add $1\frac{1}{2}$ cup sugar; when very light add the pineapple juice. Mix 2 teaspoons baking powder and $2\frac{1}{2}$ cups flour, sift twice, and add to the first mixture. Beat the whites, stir them in carefully at last and bake the mixture in three square or round layer-cake pans. While they are baking make the cream. Put a pint of milk in a double boiler, add 1 tablespoon cornstarch moistened in $\frac{1}{4}$ cup cold milk. Stir and cook five minutes, then add the yolks of 2 eggs beaten with $\frac{1}{4}$ cup sugar; cook a moment, take from fire and beat it a little with an egg beater.

Beat the whites of the eggs to a stiff broth, add 2 tablespoons powdered sugar and beat until dry. Remove the cake from the oven as soon as done. Remove 1 layer, place it on the inverted pan, heap the meringue on it, dust it heavily with powdered sugar, and return it to the oven to brown. Remove another layer, place it on a plate, add a thick layer of the drained, crushed pineapple, dust with powdered sugar, add second layer, then another layer of pineapple and sugar, and top layer with browned meringue. Pour the cream around the cake and serve. Excellent.

UPSIDE-DOWN PINEAPPLE CAKE

1. Melt 2 tablespoons butter in a frying pan, tip till pan is covered, and add 1 cup brown sugar and pulp of 1 small can grated pineapple, or sliced pineapple, centered with maraschino cherries. Set aside and make a sponge-cake batter of 1 cup white sugar, the juice drained from the can of pineapple, the yolks of 3 eggs, well beaten, and 1 cup flour sifted with 1 round teaspoon baking powder. Lastly fold in the stiffly beaten whites of 3 eggs and $\frac{1}{2}$ teaspoon vanilla. Pour batter over mixture in frying pan and bake in moderate oven (340° F.) about forty minutes. When done let stand a few moments before removing from pan upside down. A delicious cake with icing already on. Garnish with maraschino cherries. Whipped cream may be spread over top, if desired.

2. A richer batter is made as follows: Measure 2 cups sifted flour; sift again with 2 teaspoons baking powder. Cream $\frac{1}{2}$ cup butter; gradually add 1 cup sugar; cream well. Beat yolks and whites of 2 eggs separately. Add yolks to creamed mixture; mix well, then add flour and $\frac{1}{2}$ cup milk alternately, mixing well. Fold in beaten egg-whites and 1 teaspoon vanilla.

FRYING PAN PRUNE CAKE (for 6)

3 tablespoons butter	$\frac{1}{2}$ cup chopped walnut meats
$\frac{1}{2}$ cup brown sugar	$\frac{3}{4}$ lb. prunes

Melt butter in iron frying pan, spread sugar evenly over this. Cover with the walnut meats, and the prunes that have been soaked over night, cooked and seeded. Bring to boiling point in the frying pan. Cover with cake mixture:

1 egg	1 teaspoon baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup milk
1 cup flour	1 tablespoon melted butter
1 teaspoon vanilla	

Beat egg until light, add sugar and beat well. Sift flour and baking powder, and add alternately with milk. Beat well, and add melted butter and vanilla. Set in a moderate (340° F.) oven thirty minutes. This may be served with whipped cream, with either side up.

HEAVENLY CAKE

4 egg whites	1 cup sugar
3 egg yolks	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon cream of tartar	1 cup flour

Beat whites of eggs with salt and cream of tartar to a stiff froth, add sugar and beat again. Then add yolks of eggs, which have been whipped till light, and fold in the flour. Bake in buttered and floured pan. Bake about one hour at 340° F. Turn out to cool. Then prepare the top as follows:

$1\frac{1}{2}$ squares unsweetened chocolate	1 cup thick cream
4 tablespoons hot water	$1\frac{1}{2}$ cups thin cream, or rich milk
1 cup sugar	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons gelatin	

Dissolve chocolate in the hot water, then add the sugar, cream and vanilla, and cook over hot water three or four minutes. Add the gelatin softened in 2 tablespoons cold water and stir till dissolved. Cool, whipping frequently until cold and rather thick. Arrange a row of macaroons all around the edge of the cake, placing them close together, then fold 1 cup whipped cream—measured after whipping—into the gelatin mixture, and spread thickly

over the cake. Chill, then decorate top with rosettes of whipped cream, using the remainder of the cream, slightly sweetened and delicately flavored with almond.

ALMOND ICE BOX CAKE

Select a square, not too shallow, pan, and line it carefully with waxed or oiled paper, then fit split lady-fingers, flat side down, all over the surface, filling in the chinks with broken pieces, so that the foundation of the cake is smooth and even. Next wash the salt from $\frac{1}{2}$ cup butter and cream it well, adding gradually 1 cup powdered sugar and the yolks of 3 eggs, stiffly beaten. When the mixture is like cream, add $\frac{1}{2}$ cups blanched and finely chopped almonds, and $\frac{1}{4}$ teaspoon almond extract. Finally fold in the egg whites beaten to a fine, firm froth. Spread a thin layer of the cream over the lady-fingers, then cover closely with a layer of vanilla wafers or macaroons, filling in the crevices.

Now divide the remainder of the cream into two parts, and spread one of them over the macaroons. Cover the cream with a second layer of macaroons, and arrange the rest of the cream smoothly over them. An uncooked **chocolate** filling may be used instead of the almond cream. Place in the ice box for a whole day, or, if possible, for twenty-four hours, then turn out on a platter, remove paper, and top with whipped cream, decorated with candied fruit.

RASPBERRY ICE BOX CAKE

Line pan with waxed paper as for Almond Cake and fit **lady fingers** closely together over the entire surface. Next cream $\frac{1}{2}$ cup of washed butter well, adding gradually a cup of fine confectioner's sugar and a cup of raspberries pressed through a sieve. Beat well, adding more sugar if the berries are very juicy, for the filling must be rather stiff. Raspberry jam may be used instead of the berries and half the sugar. Finally fold in the stiffly beaten whites of 2 eggs, or 1 cup whipped cream, and spread half the mixture over the cakes. Cover with a second layer of cakes and the rest of the filling. Chill eight hours.

CHOCOLATE ICE BOX CAKE

2 squares chocolate	1 teaspoon vanilla
4 eggs	2 doz. lady fingers
3 tablespoons powdered sugar	

Cook chocolate, sugar, and egg yolks in double boiler until well blended. Add vanilla and beaten egg whites. Line dish with oiled paper, leaving an edge by which to lift cake out later. Separate lady fingers, and place on bottom and around edge of

dish. Pour over a layer of chocolate, add another layer of lady fingers, then more chocolate, and so on, until cake is complete. Place in food compartment of ice-box for five hours. Decorate with blanched almonds and serve with whipped cream. (Any good chocolate pudding may be used for the custard.)

FRUIT MOUSSE LAYER CAKE

2 egg whites	$\frac{1}{2}$ teaspoon gelatin
1 cake	$\frac{1}{2}$ teaspoon vanilla extract
$\frac{1}{2}$ pt. double cream	$\frac{1}{2}$ cup chopped nuts
Any fruit desired	2 tablespoons powdered sugar

Beat egg whites until stiff. Whip cream and add sugar, vanilla extract, and gelatin, then add nuts. Lastly, fold in the beaten egg whites. Cut cake about $\frac{3}{4}$ inch thick and cover bottom of pan. Put in a layer of any fruit desired, and on top spread the mixture. Put in bottom ice tray of iceless refrigerator, and let freeze for from three to four hours. When ready to serve cut into squares and lift out.

Extra Recipes

Frostings and Fillings

Note: Two tablespoons corn syrup, or $\frac{1}{4}$ teaspoon cream of tartar added when boiling begins, or, in dark frostings 1 or 2 tablespoons of flour mixed with the sugar, keeps frosting from sugaring.

If frosting *hardens* before spreading, add 1 or 2 tablespoons water or cream and stir over boiling water or low heat till melted.

If it has *sugared*, add more liquid and cook over to desired stage.

If frosting stays *too soft* after beating, cook in double boiler till proper consistency or, thicken with confectioner's sugar.

COOKED FROSTINGS OR FILLINGS

Boiled Frosting.—Dissolve $\frac{3}{4}$ cup granulated sugar and a pinch of cream of tartar in $\frac{1}{3}$ cup boiling water. Boil slowly until, when tested in cold water, a little of the syrup may be gathered into a soft ball. Pour half of the syrup in a fine stream on the white of 1 or 2 eggs, beaten very light, beating constantly. Cook the rest of the syrup till it spins a thread, then add to whites. Beat continually until cold or stiff enough to spread on cake. If cooked or beaten too hard, beat in lemon juice or water a few drops at a time. If not cooked enough (too thin), set the bowl of frosting over the fire in a pan of boiling water, and beat constantly until it thickens perceptibly. For a creamy frosting, drop a lump of butter in the hot syrup before pouring it on the whites. Add $\frac{1}{2}$ teaspoon baking powder and $\frac{1}{2}$ teaspoon vanilla.

Expert's "Never-fail" Fluffy Frosting.—Cook $1\frac{1}{2}$ cup sugar and $\frac{3}{4}$ cup water, until it forms a fairly thick drop from tip of spoon (222° F.).

Beat 2 egg whites with wire whip. Gradually beat in 2 tablespoons granulated sugar (sifted). Beat in one-third of the cooked syrup. Continue to cook the syrup until it threads very fine (230° F.). Add another third of the syrup to the egg whites, and beat in very thoroughly. Cook remaining third of syrup until 2 drops fall at once from the spoon (250° F.). Beat it into egg whites. Add $\frac{1}{2}$ teaspoon baking powder, or several marshmallows, $\frac{1}{2}$ teaspoon lemon juice, and $\frac{1}{2}$ teaspoon vanilla. Cook over hot water, folding, but not beating, until thick enough to pile high without falling. *Cool.* When ready to use on cake, fold it over carefully until smooth and creamy. Makes enough for one large cake.

Boiled Frosting De Luxe.— $1\frac{1}{2}$ cups sugar, 3 egg whites beaten stiff, $\frac{1}{3}$ cup water, $\frac{1}{4}$ teaspoon cream of tartar. Cook sugar and water until it forms a soft ball when dropped in cold water. Pour over the beaten egg whites and beat until smooth. Set into a pan of boiling water, and cook until, when the spoon is scraped on the bottom of the pan, it feels rough. Put in cream of tartar and a teaspoon of your favorite extract, and beat until cold. This icing will never get too hard on the cake and will not run. Two cups brown sugar may be substituted for white.

Cocoanut Frosting.—Same as Boiled or Fluffy Frosting, except that cocoanut is sprinkled over the Frosting as soon as it is placed on the cake, or $\frac{1}{2}$ cup may be stirred into the stiff whites.

Butterscotch Cocoanut Filling and Frosting.—*Filling:* Mix thoroughly $\frac{2}{3}$ cup light brown sugar with 4 level tablespoons flour, well-beaten yolks of 3 eggs and 2 tablespoons butter; place in double boiler; add slowly 1 cup scalded milk and cook seven to ten minutes stirring constantly; when cool add 1 teaspoon vanilla, 1 tablespoon cream, and $\frac{1}{2}$ can Baker's Cocoanut put through food chopper.

Frosting: Cook together $1\frac{1}{4}$ cups brown sugar, $\frac{1}{2}$ cup water, 2 tablespoons butter, 1 teaspoon vanilla until it forms a soft ball when dropped in water. Beat until it is of right consistency to spread over top and sides of cake and cover with Baker's Cocoanut Southern Style.

Marshmallow Frosting.— $1\frac{1}{3}$ cups sugar, $\frac{1}{2}$ cup cold water, 1 tablespoon corn syrup, 1 egg white, 1 tablespoon marshmallow cream or 6 marshmallows, flavoring.

Boil sugar, water, and corn syrup together until it spins a thread. Beat egg white stiff; add marshmallow cream or marshmallows, then gradually add the syrup, a tablespoon at a time, beating constantly. Add flavoring.

Maple Frosting.—Same as Boiled Frosting, except use 1 cup maple sugar and 1 tablespoon white corn syrup in place of the granulated sugar, or boil 1 cup maple syrup to thread stage and pour over whites. Also see Maple Creams (under Confections).

Maple Cream Frosting.—2 cups maple sugar, 1 cup cream. Break the maple sugar into small pieces, put into a saucepan and heat slowly with the cream. Stir until the sugar is thoroughly dissolved, then boil without stirring until a soft ball can be shaped between the fingers when the mixture is tried in cold water (238° F.). Care must be taken not to have the heat too great, as this mixture will burn easily. Remove from the fire and beat until it is thick enough to spread.

Maple Syrup Frosting.—Boil 1 cup maple syrup until it spins a thread, then turn it slowly over the stiffly beaten white of an egg, beating until it is somewhat cooled, then add $\frac{1}{2}$ cup thick

cream, which has been whipped stiff with a few grains of salt, and spread between layers.

Seven-minute Frosting (White or Brown).—Put following mixture in double boiler: 1 unbeaten egg white, 1 cup granulated or brown sugar, dissolved in 3 tablespoons water. Beat continuously over the boiling water till thickened—about five to seven minutes. Remove from heat and beat till it piles up. Add $\frac{1}{2}$ teaspoon vanilla. Makes a fine glazed frosting without getting brittle.

Honey Frosting.— $\frac{1}{2}$ cup honey, 1 tablespoon corn syrup, 1 egg white. Have the water boiling rapidly in a small double boiler; put the ingredients into the upper part and let cook seven minutes, beating constantly meanwhile with a Dover egg-beater.

Pineapple Frosting.—Boil 1 cup sugar with $\frac{1}{2}$ cup milk till it forms a soft ball; then add 3 heaping tablespoons crushed pineapple.

Plain Thin Frosting for Cookies, Stollen, etc.—1 cup sugar, 5 tablespoons milk, 1 tablespoon corn syrup, $\frac{1}{2}$ teaspoon vanilla. Boil three minutes (soft ball). Cool and beat.

Bittersweet Frosting.—2 cups rolled or sifted confectioner's sugar, 2 tablespoons soft butter, 1 teaspoon vanilla, 3 tablespoons cream. Mix and spread. When firm on top, cover with $1\frac{1}{2}$ square of melted bitter chocolate. Melted or mashed chocolate drops make a delicious *quick bittersweet filling*.

Chocolate Fudge Frosting.—Boil 2 cups granulated sugar (or 1 cup brown and 1 cup white) with 1 cup milk and 3 tablespoons cocoa (or 2 squares chocolate), until it forms a soft ball when tried in water. Add 1 tablespoon butter, pinch of cream of tartar and 1 teaspoon vanilla, then remove from fire; cool and beat. A handful of raisins may be beaten in.

Glazed Chocolate Frosting.—3 sections of sweet chocolate (or 2 tablespoons powdered cocoa), 1 cup milk or cream, 1 cup sugar, butter (size of egg), 1 teaspoon vanilla. Cook to soft-ball stage, cool some, and stir till thick enough to spread.

Mock Maple Frosting.—1 cup brown sugar, 1 tablespoon flour (or 2 tablespoons corn syrup), 1 cup granulated sugar, $\frac{1}{2}$ cup cream or rich milk. Boil to soft-ball stage (240° F.). Add 2 round tablespoons butter and a pinch of cream of tartar, then remove from fire and do not stir till cool. Add $\frac{1}{2}$ teaspoon vanilla and beat till past the sticky stage, then set over hot water till cake is covered. If it gets hard too fast add 1 or 2 tablespoons cream and melt if necessary.

Caramel Frosting.—2 cups brown sugar, 2 egg whites, 6 tablespoons water, 1 teaspoon vanilla, few grains salt. Put brown sugar, egg whites, unbeaten, and water in top of double boiler, and beat with a Dover egg-beater eight minutes or until light and thick. Add vanilla and salt. Spread quickly.

CARAMEL NUT FROSTING

1 cup light brown sugar	2 egg whites
$\frac{3}{4}$ cup granulated sugar	1 teaspoon vanilla
$\frac{1}{3}$ cup water	$\frac{1}{2}$ cup nuts

Heat and stir sugar and water slowly till dissolved, then boil to thread stage. Beat the egg whites till stiff and slowly pour the sirup into them, beating constantly. When quite cool pour the frosting into a double boiler and beat over the boiling water till the mixture starts to crystallize (or grain) as it is stirred; then add the nuts and vanilla. This is called "twice-cooked frosting" and is creamy and delicious.

Orange Frosting (Cooked).—Cook to thread stage 2 cups granulated sugar and $\frac{1}{2}$ cup water with $\frac{1}{8}$ teaspoon cream of tartar. Pour over the whites of 2 eggs, which have been beaten only to the frothy stage, and beat vigorously to a stiff, fluffy consistency. Add orange or lemon juice for flavoring, and beat until stiff enough to spread nicely.

Novelty Frosting.—Bake white cake about an inch thick; cover with a boiled frosting containing $\frac{1}{2}$ cup chopped nuts. When nearly hard, strew $\frac{1}{2}$ cup chopped pineapple over frosting, and on that a thick layer of sweetened whipped cream.

Hickory Nut Frosting.—1 cup **sour cream**, 1 cup sugar, 1 cup nuts (hickory). Boil till thick, and stir till cool.

Sour Cream Frosting.—Boil 2 cups sugar with 1 cup sour cream to soft-ball stage. Cool and add $\frac{1}{2}$ teaspoon maple flavoring, pinch of salt and $\frac{1}{2}$ cup chopped pecans or peanuts.

Fondant Frosting.—For a loaf cake or for one layer, boil together without stirring 1 cup sugar, $\frac{1}{3}$ cup water and $\frac{1}{8}$ teaspoon cream of tartar to the soft-ball stage. Remove from the fire and allow it to become entirely cold; then add flavoring, and beat and work the mass with a wooden spoon until it is firm and white. Then add 1 tablespoon marshmallow cream, which makes the frosting much whiter and more creamy. Larger cakes take 2 cups sugar to $\frac{1}{2}$ cup water. If the icing is hardening too quickly, it may be softened by adding 1 or 2 teaspoons boiling water; if it becomes hard before it can be applied, dissolve again in $\frac{1}{4}$ cup boiling water and cook once more to the soft-ball stage. For butter cream frosting add 1 tablespoon butter while beating.

UNCOOKED FROSTINGS OR FILLINGS

(Use rolling-pin for lumpy powdered sugar or place in airtight can with sliced apple for an hour or more.)

Confectioner's Frosting.—Mix 2 to $2\frac{1}{2}$ cups sifted or rolled confectioner's sugar with $\frac{1}{4}$ cup liquid—coffee, fruit juice, cream, or milk. With fruit juice add 1 teaspoon lemon juice.

With other liquid $\frac{1}{2}$ teaspoon vanilla or other extract. If the liquid is hot the sugar mixes easier. Add dash of salt or butter.

Butter Frosting (or Filling).—1 tablespoon butter (soft), 2 tablespoons cream, hot milk, fruit juice or maple syrup, $1\frac{1}{2}$ cups or more confectioner's sugar (sifted), $\frac{1}{2}$ teaspoon vanilla. Mix and spread. 2 tablespoons melted chocolate or cocoa may be added. Or $\frac{1}{2}$ cup chopped nuts or fruit, especially strawberries.

Uncooked Ornamental Frosting (For Piping, etc.).—4 egg whites, 1 lb. confectioner's sugar finely sifted, $\frac{1}{4}$ teaspoon cream of tartar, or 1 tablespoon lemon juice. Beat the whites of the eggs with $\frac{1}{4}$ cup sugar three or four minutes, then continue to add the same quantity of sugar, beating the same length of time, until half the sugar has been used; add the cream of tartar with the second quantity of sugar, or add the lemon juice gradually as the mixture thickens. Now continue adding the sugar, a spoonful at a time, beating several minutes between each addition, until a knife cut down into the frosting makes a "clean cut" that will not close again. Use soon, as it dries quickly. Force it through pastry bag. The success of this frosting depends upon thorough beating between the additions of sugar.

Uncooked Chocolate Frosting.—1 egg (just broken), butter (size of egg), 2 tablespoons cocoa, enough powdered sugar to spread—1 cup or more.

Royal Chocolate Frosting.—1 unbeaten egg white, $1\frac{1}{4}$ cup confectioner's sugar, 1 teaspoon butter, 1 tablespoon cream, $1\frac{1}{2}$ square ($1\frac{1}{2}$ ozs.) unsweetened chocolate. Melt chocolate; put egg white into shallow dish; add sugar gradually, beating with wire whip; add butter, melted chocolate and cream and beat well until of right consistency to spread.

Chocolate Raisin Frosting.—1 tablespoon warmed butter, 2 tablespoons cream or hot milk, $1\frac{1}{2}$ cups (or more) confectioner's sugar (sift if necessary), $\frac{1}{2}$ teaspoon vanilla, $1\frac{1}{2}$ squares bitter chocolate, melted, $\frac{1}{2}$ cup seeded raisins. Cream together till smooth, and spread.

Orange Frosting.—Mix together 3 tablespoons orange juice, 1 tablespoon lemon juice, and the grated rind of 1 orange. Let stand for a half hour. Then strain into 1 or 2 beaten egg yolks and add confectioner's sugar until spreading consistency. A lump of butter may be added.

Gold Frosting.—Beat 2 egg yolks. Add about 1 cup powdered sugar, a few grains of salt or lump of butter, and 1 tablespoon lemon or 2 tablespoons orange juice (or both), or flavor with 1 teaspoon vanilla and 1 teaspoon cream.

Brown Sugar Frosting.—Use 1 tablespoon vinegar and enough light brown sugar to mix with 1 beaten egg white. Whip well and spread. Or, see Seven-minute or Caramel Frosting.

Pineapple Frosting or Filling.—Mix 2 tablespoons crushed

pineapple with 1 teaspoon lemon juice, and beat in about $1\frac{1}{2}$ cups confectioner's sugar.

Pineapple Whipped Cream Filling.—2 cups whipping cream, 1 cup diced candied pineapple, 6 marshmallows cut into bits, $\frac{1}{2}$ cup powdered sugar. Whip the cream until stiff. Stir in the powdered sugar, and add the pineapple and marshmallows.

Mocha Frosting.—Cream butter, the size of an egg, with 1 teaspoon vanilla, 2 tablespoons clear, hot coffee, 1 teaspoon cocoa (powdered), and enough confectioner's sugar to spread.

Date Cream Filling.—2 cups chopped dates, $\frac{1}{2}$ cup powdered sugar, 2 tablespoons lemon juice, $\frac{1}{2}$ cup whipping cream. Mix dates, sugar and juice, add to whipped cream, and spread.

Mrs. Gebhart's Quick Frosting.—To a beaten egg white (or yolk) add enough confectioner's sugar to spread. Flavor.

COOKED FILLINGS

Maple Marshmallow Filling.— $\frac{1}{2}$ cup brown sugar, 1 cup white sugar, 1 cup water, 1 teaspoon vinegar. Boil until thick, and stir in the beaten white of 1 egg with $\frac{1}{4}$ lb. marshmallows. Let layers cool before putting together.

Almond Cream Filling.— $2\frac{1}{2}$ tablespoons sugar, 1 tablespoon water, $\frac{1}{2}$ teaspoon vanilla, 1 cup blanched, ground almonds, 1 cup whipped cream. The sugar, water, and vanilla are boiled one minute and spread on the cake while warm. The almonds are strewn on immediately, then covered with the sweetened whipped cream. (The sugar mixture holds the nuts in place.)

Walnut-raisin Filling.— $\frac{1}{2}$ cup chopped walnuts, $\frac{1}{2}$ cup chopped seedless or seeded raisins, 1 cup sugar, $\frac{1}{4}$ teaspoon vanilla, $\frac{1}{4}$ cup water. The ingredients are mixed and boiled, stirring continually, then spread on cake while still warm.

Hickory-nut Filling.—To be used with a yellow or white layer cake of any sort. 2 eggs, 1 cup sugar, 2 heaping tablespoons cornstarch, 1 cup hickory nuts, 1 pt. sweet milk. Beat eggs, sugar, nuts, and cornstarch all together, and stir into milk when it boils. When thickened, cool and spread between layers. This amount will fill a 3-layer cake. Chopped peanuts may be used.

Lemon Cornstarch Filling.—1 cup sugar, 1 lemon, 1 beaten egg, 1 tablespoon cornstarch. Put the heaping tablespoon cornstarch in a cup and dissolve in a little cold water, then fill the cup with boiling water. Stir the sugar, grated rind and juice of the lemon, and egg together, add to the cup of cornstarch and boil till thickened. Another cup of water and 2 tablespoons cornstarch may be added for larger amount without any other change.

Lemon Custard Filling (Wisconsin).—1 cup milk, 1 beaten egg, $\frac{1}{2}$ cup sugar, 1 teaspoon cornstarch stirred smooth in water, $\frac{1}{2}$ lemon (juice and rind). Boil till thick. Cool.

Pineapple Cream Filling.—Scald 1 cup milk. Mix 3 tablespoons cornstarch with $\frac{1}{3}$ cup sugar, and add 1 beaten egg. Add the scalded milk and cook the mixture until it begins to thicken, then add 1 cup crushed pineapple, and continue cooking until thick, smooth, and boiling. Cool and use as a cake or cream-puff filling.

Sour Cream Filling.—1 cup sour cream, 3 tablespoons sugar (heaping), 1 tablespoon cornstarch (round). Boil till thick, then flavor with vanilla and a pinch of salt. Whip in 1 beaten egg and, when cool, spread on cake.

Sour Cream and Almond Filling.— $\frac{3}{4}$ lb. chopped almonds, $\frac{3}{4}$ cup brown or white sugar, $\frac{3}{4}$ cup sour cream, 1 teaspoon vanilla. Mix, boil till thickened, and spread. The filling may be made without boiling by using powdered sugar enough to spread.

Banana Filling.—Peel and mash 2 ripe bananas to a pulp, sweeten, flavor with lemon, and whip smooth. $\frac{1}{2}$ pt. whipped cream may be added.

Custard Filling for Cream Puffs or Cake.— $\frac{7}{8}$ cup sugar, $\frac{1}{3}$ cup flour, $\frac{1}{8}$ teaspoon salt, 2 eggs, 2 cups scalded milk, 1 teaspoon vanilla or $\frac{1}{2}$ teaspoon lemon extract. Mix dry ingredients, add eggs slightly beaten, and pour on gradually, scalded milk. Cook fifteen minutes in double boiler, stirring constantly until thickened, afterward occasionally; cool and flavor. With a sharp knife make a cut in each puff large enough to admit cream filling, which can be forced in with a pastry bag and tube. Eclairs are sometimes covered with chocolate frosting.

Jelly and Peanut Filling.—Chop (not too fine) enough fresh roasted peanuts to half fill a cup. Stir through a cup of currant jelly.

Orange Filling.—Heat $\frac{1}{4}$ cup orange juice, 1 tablespoon lemon juice, a little grated rind of orange, and 1 teaspoon butter in a double boiler; sift together $\frac{1}{4}$ cup sugar and 2 tablespoons flour and stir into the hot liquid; stir occasionally and cook ten to fifteen minutes. Beat 1 egg, add a few grains of salt and $\frac{1}{4}$ cup sugar, and stir into the hot mixture; continue to stir, and cook until the egg thickens.

Fruit-Nut Filling.—Chop fine $\frac{1}{2}$ lb. figs, 1 cup seeded raisins, and $\frac{1}{2}$ cup nut meats, add $\frac{1}{4}$ cup boiling water and $\frac{1}{4}$ cup sugar, stir and cook until smooth.

Lady Baltimore Filling.—Chop fine $\frac{1}{2}$ cup each of raisins and nuts; cut 3 figs in shreds and mix through Fluffy Boiled Icing. $\frac{1}{4}$ cup chopped cherries, and $\frac{1}{4}$ cup chopped dates or candied pineapple may be added. Half the icing should be saved before adding the fruit so no extra frosting need be made for the top.

Fluffy Fig Filling.— $\frac{1}{2}$ cup water, 1 cup sugar, 1 teaspoon lemon juice, 2 egg whites (these might be saved from the cake,

using yolks only), $\frac{1}{2}$ cup minced figs. Boil the sugar and water together till a thread is formed when the spoon is lifted, then pour in a thin stream over the stiffly whipped whites of the eggs, beating constantly. Place the bowl in a pan of hot water on the range and beat the icing for three minutes; add the figs and lemon juice, and spread.

Fig Filling.—Chop $\frac{1}{2}$ lb. figs, add $\frac{1}{4}$ cup water or grape juice and 2 tablespoons sugar. Boil to a paste. Cool or spread hot.

Date Filling.— $\frac{1}{2}$ pkg. dates chopped, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup water. Boil until thick, cool and put between layers. Juice of an orange may be added.

Hershey's Cocoa Filling.— $\frac{1}{2}$ cup Hershey's cocoa, 1 cup sugar, 4 tablespoons flour, $\frac{1}{8}$ teaspoon salt, 1 egg, 1 cup scalded milk, $\frac{1}{2}$ teaspoon vanilla. Mix sugar, cocoa, flour, and salt, and add beaten egg. Add the scalded milk slowly and mix well. Cook in a double boiler until thick, stirring constantly. Cool and add vanilla.

Royal Chocolate Filling.— $2\frac{1}{2}$ squares ($2\frac{1}{2}$ oz.) unsweetened chocolate, 3 tablespoons cream, 1 egg yolk, $\frac{3}{4}$ cup powdered or confectioner's sugar, 1 tablespoon cornstarch, $\frac{1}{8}$ teaspoon salt, 1 teaspoon vanilla extract. Save egg white for icing. Melt chocolate in top of double boiler; add cream and egg yolk; mix in sugar gradually; add cornstarch which has been mixed with a little cold water and cook, stirring constantly until smooth and thick; add salt and vanilla. Double sugar and cream if desired.

Maple Nut Filling.—2 cups brown sugar, 2 tablespoons water. Boil to soft-ball or thread stage. Pour slowly into 1 stiffly beaten egg white. Beat well and add several drops of maple flavoring, and chopped nuts, dates, or figs, about $\frac{1}{2}$ cup.

Lemon Apple Filling.—2 or 3 grated apples, 1 lemon (juice and rind), 1 cup sugar, 1 egg, 1 tablespoon flour. Cook three minutes.

Extra Recipes

Cookies, Small Cakes, Meringues, and Doughnuts

Ingredients for cookies are combined similar to cakes, but more flour is added and, usually, the eggs are only slightly beaten, without separating. To a great extent the amount of flour used determines the texture of cookies. When baking, they may be tested with a toothpick the same as cake, but the change in color is an easier guide.

For *soft* cookies mix in only enough flour to handle the dough for patting or rolling into shape. Less flour is needed if the dough is well chilled after it is mixed; then it is cold, firm and easily rolled and cut, with very little flour; or pieces of dough may be rolled into balls in the hand and flattened with a spatula or floured rolling-pin; the latter method is especially convenient for the small trimmings also when the cutters are used, and it keeps extra flour out of the dough. A canvas cloth requires less flour than a board for rolling out the dough—porcelain needs too much flour for soft cookies. Cookies will stay either soft or hard (as they are when freshly baked) if they are put into a tightly covered can as soon as they are cool.

When unsalted shortening is used as a substitute, add a pinch or more of salt.

For *crisp* cookies the dough is made quite rich and stiff. It is rolled thin and baked in a very hot oven, or it may be chilled, rolled into sausage shaped rolls, chilled again (over night if possible) and sliced thin, then baked quickly.

Most cookie pans need greasing for the first panful at each baking.

Hard cookies will soften in the bread box or in a tight can with a quartered apple. When sugar is sprinkled on the cookies before cutting, brush off any extra flour with a soft brush, then add the sugar and press it in lightly with the rolling-pin so it will not fall off after baking. To give cookies the "professional glaze," beat an egg yolk (or whole egg) with about 1 teaspoon cold water and brush over the tops (with a pastry brush or bit of cloth) before baking. Milk may be used instead of egg.

For fancy cutting use recipe for sugar cookies, ginger creams, ginger snaps, soft ginger cookies, sand tarts, spice cookies, Karo cookies, butterscotch or any recipe that has no fruit or nuts to spoil the shapes; then decorate with frostings, colored sugar, candies, raisins, currants, cloves, etc. **Use level measurements unless otherwise specified.** A few recipes are grouped, as

Christmas Cookies—they should be baked several weeks before using. Brownies, date bars, and others also make good “special” cookies.

60 (SOUR CREAM) SUGAR COOKIES

2 cups sugar	Pinch of nutmeg
1 cup sour cream or rich sour milk	2 beaten eggs
$\frac{1}{2}$ teaspoon soda	3 round teaspoons baking powder
1 cup butter (or lard with $\frac{1}{2}$ teaspoon salt)	Flour (about 3 pts.—only enough to roll)

(Read above paragraph for directions.)

Sprinkle with sugar before baking, and put a raisin in the center of each cookie, or glaze with beaten egg if desired.

30 FILLED COOKIES

1 cup butter	About 6 cups flour (before sifting)
2 cups sugar	2 level teaspoons cream of tartar
2 eggs	1 teaspoon soda
1 cup milk	Flavoring

Filling

1 cup raisins, dates, or figs	1 cup hot water
1 cup sugar	2 teaspoons cornstarch

Cook until thick.

* Roll thin, put 1 tablespoon filling on each cooky, put another cooky on top and press edges tight. Bake rather quickly.

35 SAND TARTS

$\frac{1}{2}$ cup butter	$3\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ teaspoon cinnamon
2 eggs	2 teaspoons baking powder

(2 squares melted chocolate may be added.)

Cream butter and sugar, add beaten eggs, and sift in dry ingredients. Roll $\frac{1}{8}$ inch thick, and sprinkle with a mixture of $\frac{1}{4}$ teaspoon cinnamon and $\frac{1}{4}$ cup granulated sugar. Cut out and bake quickly.

48 SOUR MILK COOKIES

$1\frac{1}{3}$ cups sugar	1 scant teaspoon salt (if lard is used)
1 cup shortening	1 teaspoon baking powder
1 scant teaspoon soda in	Flavoring to suit taste
1 cup sour milk	

Mix in order given. Add only enough flour for handling. Chill if possible and roll thin. Sprinkle with sugar. Bake in hot oven. (Two slightly beaten eggs may be added.)

24 BUTTER COOKIES

- | | |
|---------------------|---------------------------------|
| 1 cup butter | $\frac{1}{2}$ teaspoon cinnamon |
| 1 cup sugar | Flour enough to handle |
| 2 small eggs beaten | Flavor with almond |

Grated lemon rind and cut almonds may be sprinkled on top before baking. May be baked at once, or left over night in cool place. Roll $\frac{1}{8}$ inch thick or mold into roll and slice. 1 lb. flour (4 cups) should be plenty for dough and rolling. No liquid is used. Fine.

60 BUTTERSCOTCH COOKIES

- | | |
|--|---|
| 4 cups brown sugar (2 cups may be omitted, then use $\frac{1}{2}$ tablespoon soda—both recipes are good) | 4 eggs |
| 1 cup shortening | 1 tablespoon soda (scant) in 1 tablespoon hot water |
| | 1 tablespoon cream of tartar |
| | 1 tablespoon vanilla |

Beat together and add about 7 cups flour. Roll into loaves like Vienna bread. Slice and bake following morning.

48 BROWN SUGAR COOKIES

- | | |
|----------------------------|-----------------------------|
| 1 scant cup shortening | $\frac{3}{4}$ teaspoon soda |
| 2 cups brown sugar | 4 cups flour |
| 2 eggs | (No liquid) |
| 1 teaspoon cream of tartar | 1 cup nuts |

Mix night before baking. Mold into a sausage-shaped roll, leave in cold place over night; in the morning slice thin and bake quickly.

If not possible to chill over night, add $\frac{1}{4}$ cup milk and enough flour for rolling. Fine.

80 BROWN SUGAR-MOLASSES COOKIES

- | | |
|--------------------------|---|
| 2 cups brown sugar | 1 cup molasses ($\frac{1}{2}$ cup brown and white sugar syrup with $\frac{1}{2}$ cup New Orleans may be preferred) |
| 1 cup shortening | |
| 3 eggs (slightly beaten) | |

Mix and beat, then add about 2 qts. flour sifted with 1 tablespoon soda, 1 teaspoon cinnamon, and $\frac{1}{2}$ teaspoon any other spices liked. Use no more flour than necessary for rolling.

80 KARO COOKIES

- | | |
|---------------------------|-----------------------------|
| 1 cup drippings or butter | 2 eggs, not beaten |
| 2 cups white sugar | 1 teaspoon soda in 4 table- |
| 1 cup brown Karo | spoons warm water |

Only enough flour for handling and rolling (about 5 cups). Roll moderately thick. Crisp if kept lightly covered—rather waxy if kept air-tight with sliced apple or put in bread box several hours before using. Fine.

60 CRUMB COOKIES

$\frac{1}{2}$ cup shortening	1 teaspoon salt
1 cup sugar	1 teaspoon cinnamon
1 egg, beaten	1 teaspoon nutmeg
1 cup cold water	$2\frac{1}{2}$ cups dry cake or
$2\frac{1}{2}$ cups flour	cookie crumbs
1 teaspoon soda	1 cup raisins

Combine dry ingredients, except crumbs. Add alternately with the water. Add crumbs and raisins last. Drop and bake ten minutes in moderate oven.

36 GERMAN CRUMB COOKIES

2 beaten eggs	1 cup chopped walnuts
1 cup light brown sugar	$\frac{1}{2}$ teaspoon each of cinnamon,
1 cup fine dry bread crumbs	allspice, and cloves

Mix in order named and drop on greased tin.

36 ANISE SEED COOKIES

$\frac{1}{2}$ cup shortening	2 tablespoons milk
1 cup sugar	4 tablespoons anise seed
2 eggs	4 teaspoons baking powder
$3\frac{1}{2}$ cups flour	

Cream the shortening and sugar; add beaten eggs; add the milk by the teaspoon, beating constantly; add the cleaned and sifted anise seed; add flour with the baking powder; roll out and cut in fancy shapes. Put in a hot oven for ten minutes. Fine—crisp and tender. Exceptionally easy to cut and handle.

For **Cardamom Cookies** use cardamom seeds instead of anise.

30 CARAWAY CAKES

Sift 2 cups flour with $\frac{1}{4}$ teaspoon salt and 1 teaspoon baking powder. Rub in $\frac{1}{3}$ cup butter and $\frac{1}{2}$ cup powdered sugar. Then sprinkle in 2 tablespoons caraway seeds and add 1 beaten egg and $\frac{1}{2}$ cup milk or cream (or enough to make a rather soft dough). Break off small pieces of the dough and shape into cakes about one inch in diameter and one half inch thick. Place on a greased pan and bake in a moderate oven—350° F.—for thirty minutes.

20 BROWNIES

	1 cup sugar
$\frac{1}{2}$ cup melted butter	2 unbeaten eggs (or 4 yolks)
$1\frac{3}{4}$ squares chocolate or $\frac{1}{3}$ cup	$\frac{1}{2}$ or 1 cup broken walnuts
cocoa melted with the butter	$\frac{3}{4}$ cup flour

(Half this amount of chocolate or cocoa may be used, if preferred).

Beat together and spread in greased pan about 10 inches square. Bake very slowly about twenty-five minutes—till toothpick comes out clean. While warm cut into twenty bars like lady fingers. These are moist, fudge-like cookies, and should be packed in a tight can.

Note: Another recipe adds 2 teaspoons vanilla, $\frac{1}{4}$ cup flour, a pinch of salt and 1 cup sugar to the above. This increases the number of cookies to 30 and gives a different texture.

48 CHOCOLATE BAR COOKIES

1 cup butter	$\frac{1}{4}$ teaspoon nutmeg
1 cup sugar	2 cups flour
2 eggs (unbeaten)	1 teaspoon baking powder
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{4}$ lb. almonds ($\frac{1}{2}$ cup chopped)
$\frac{1}{4}$ teaspoon cloves	$\frac{1}{2}$ lb. sweet chocolate

Mix in order given.

Coarsely grind nuts and chocolate together (do not melt the chocolate). Bake in moderate oven in sheet and cut in bars, $1\frac{1}{2}$ by 4 inches, while warm. 2 or 3 tablespoons milk may be added if too stiff to press into thin sheet in pans.

30 CHOCOLATE CHIP COOKIES

$\frac{1}{2}$ cup butter	1 teaspoon vanilla
1 cup sugar	1 cup flour
2 eggs	$\frac{1}{4}$ teaspoon salt
2 squares chocolate or	$\frac{1}{2}$ cup nuts may be added
2 round tablespoons cocoa	

Cream butter, add sugar gradually, add unbeaten eggs. Beat and add melted chocolate, vanilla, and flour and salt sifted together. Bake in sheet and cut while warm. If preferred lighter use half as much chocolate and beat the eggs well.

CHOCOLATE DROP COOKIES

1 cup brown sugar	$\frac{1}{2}$ teaspoon soda in 1 table-
1 cup melted butter or substi-	spoon water or sour milk
tute (also good with only $\frac{1}{2}$	$1\frac{1}{2}$ cups flour
cup shortening)	$\frac{1}{2}$ cup raisins
1 beaten egg	$\frac{1}{2}$ cup nuts
$\frac{1}{2}$ cup sour milk	2 squares melted chocolate

Drop and bake. They may be frosted with plain or butter frosting. 2 eggs may be used and a bit more flour if preferred.

24 SUGAR PLUMS

Cream $\frac{1}{2}$ cup shortening with $\frac{1}{2}$ cup sugar; add 2 well-beaten eggs, 2 tablespoons milk and 1 teaspoon baking powder sifted with

1½ cups flour. Add 2 round tablespoons cocoa or 2 squares chocolate (melted), 1 teaspoon vanilla and ¾ cup walnuts. Set aside two hours. Then pull off pieces the size of walnuts, roll into balls, and bake on greased tin twenty minutes in moderate oven (325° F.). Frost with Mocha Icing.

48 GINGER SNAPS

- | | |
|------------------------|------------------------------|
| 1 cup molasses | 1 teaspoon soda in 3 table- |
| 1 cup lard or butter | spoons warm water |
| 2 slightly beaten eggs | 1 cup sugar (brown or white) |
| 1 tablespoon ginger | Pinch of salt |

Flour for stiff dough

Chill over night, then roll thin and cut in desired shapes, or chill in a roll and slice thin. Bake in hot oven.

30 FROSTED GINGER CREAMS

- | | |
|-----------------------|---------------------------|
| ½ cup sugar | ½ teaspoon cinnamon |
| 1½ cups molasses | Pinch of salt |
| ½ cup shortening | ½ teaspoon ginger |
| 5 teaspoons hot water | 2 teaspoons lemon extract |
| 2 teaspoons soda | 2 egg yolks |

Flour to roll thin. Bake in moderate oven. Frost with boiled icing. Fine to cut in fancy shapes for Christmas cookies. Brownie faces made of raisins or currants arranged in the frosting, make cookies attractive for children's parties, especially Halloween.

100 (CRISP) SPICE COOKIES

- | | | |
|------------------------|---|---------------------------------|
| 2 cups sugar | { | 4 cups flour mixed with 4 tea- |
| 1 cup drippings | | spoons baking powder |
| 1 cup sour milk | | 1 teaspoon each of cloves and |
| 1 cup molasses | | allspice |
| 2 eggs | | 2 teaspoons each of soda, salt, |
| | | cinnamon and ginger. Sift |
| | | twice |

Mix in order given. Roll thin, and bake quickly. Fine, crisp cookies. Especially suitable for cutting into shapes.

60 GINGER DROP CAKES

- | | |
|-----------------|-------------------------------|
| 1 cup sugar | 1 teaspoon soda in the water |
| 1 cup molasses | 1 teaspoon baking powder |
| 1 cup lard | 1 teaspoon each of ginger and |
| 1 egg | cinnamon |
| ¾ cup hot water | ½ teaspoon salt |
| | 3 cups flour |

Mix in order given. Drop and bake in rather hot oven.

24 GINGER GEMS

- | | |
|-----------------------------|---|
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{1}{2}$ cup lard | 1 egg, slightly beaten |
| 1 cup molasses (Duff's) | 1 cup sour milk |
| 1 teaspoon ginger | $1\frac{1}{2}$ teaspoons soda in 2 table- |
| $\frac{1}{2}$ teaspoon salt | spoons water |
| | $2\frac{1}{2}$ cups flour |

Bake in greased muffin tins in moderate oven twenty minutes.

30 SOFT GINGER COOKIES

- | | |
|--|--------------------------------|
| $\frac{3}{4}$ cup sugar (white or brown) | |
| $\frac{1}{2}$ cup dark molasses | 2 teaspoons vinegar |
| $\frac{3}{4}$ cup melted shortening | 1 beaten egg |
| 1 teaspoon salt (less with | 2 teaspoons soda in |
| drippings) | 1 cup buttermilk , sour |
| 1 tablespoon ginger | — milk or cream |

Mix well in order given, and add 3 cups or more flour (just enough to roll thick); a sprinkle of sugar lightly pressed in before cutting adds to appearance; also a raisin in center of each. Bake in moderate oven. Watch bottom but brown top well. 1 cup black walnuts makes them very delicious. Plain or butter frosting also gives them an excellent flavor. Especially enjoyed by men and children. The cookies do not need so much flour if patted instead of being rolled before cutting out, and they stay softer. To glaze, brush with beaten egg before baking. Fine.

75 SOFT MOLASSES COOKIES

- | | |
|-----------------------------|--|
| 1 cup butter or drippings | 2 eggs (unbeaten) |
| 1 cup sugar | $1\frac{1}{2}$ teaspoons ginger and 1 tea- |
| 1 cup molasses | spoon baking powder sifted |
| { 1 cup sour milk or | with flour |
| sour cream | 3 cups flour for dough to mix |
| { 2 scant teaspoons soda | well |

Chill, add flour as needed. Pat out lightly with as little flour as possible. Cut, sprinkle with sugar, and bake in rather hot oven. To glaze, brush with beaten egg before baking.

75 OATMEAL COOKIES OR ROCKS

- | | |
|--|--------------------------|
| $1\frac{1}{4}$ cups brown or white sugar | 1 cup chopped raisins |
| 1 cup lard and butter mixed | 1 cup nuts, if liked |
| 1 teaspoon cinnamon | 2 cups rolled oats |
| 1 teaspoon vanilla | 2 cups flour |
| Pinch of salt | 1 teaspoon soda |
| $\frac{1}{2}$ cup sweet milk | 1 teaspoon baking powder |
| 2 well beaten eggs | |
- Mix in order given. Drop and bake in moderate oven.

100 (SOUR MILK) OATMEAL COOKIES

Mix $1\frac{1}{2}$ cups sugar and 1 cup shortening. Add 2 slightly beaten eggs, $\frac{2}{3}$ cup **sour milk**, 1 teaspoon soda, 2 cups flour, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon cinnamon, 4 cups rolled oats, 1 cup raisins, 1 teaspoon vanilla. Drop and bake in moderate oven.

36 FILLED OATMEAL COOKIES

Cream 1 cup brown sugar with $\frac{2}{3}$ cup butter and lard mixed; add $\frac{1}{2}$ cup **sour milk** mixed with 1 teaspoon soda dissolved in 1 tablespoon hot water, then add 2 cups rolled oats and 2 cups flour. Roll very thin, cut out, spread half with filling, cover with the plain ones and press edges together. Or spread half the dough on sheet cake pans, cover with filling, then a layer of dough and cut into bars before or after baking.

Filling: Boil to smooth paste— $1\frac{1}{2}$ cups sugar, 1 lb. dates, and $\frac{1}{2}$ cup water.

30 BRAN COOKIES WITH FIG FILLING

2 cups bran	3 tablespoons molasses or
1 cup whole wheat flour	dark corn syrup
$1\frac{1}{2}$ cups sour milk or	1 cup sugar
buttermilk	1 teaspoon soda
4 tablespoons soft butter	2 teaspoons baking powder
Pinch of salt	

Enough white flour to make dough for rolling. Prunes, or other fruit may be added. 2 eggs may be added also if lighter, more nourishing cookies are desired. Fig filling may be used:

Fig Filling

For filling, cook slowly $\frac{1}{2}$ cup each of finely chopped raisins and figs, moistened with $\frac{1}{2}$ cup water. Thicken with 2 teaspoons flour rubbed smooth in a little cold water. Cool, and spread between thin rounds of the dough, press edges together sandwich fashion. Bake in moderate oven (425° F.).

36 BRAN FRUIT COOKIES

Mix $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup shortening to a soft cream. Add 1 egg and beat until smooth. Then add $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup chopped nuts, and $2\frac{1}{2}$ cups bran. Mix and sift 1 cup flour, $\frac{1}{2}$ teaspoon baking soda, 1 teaspoon cinnamon, $1\frac{1}{2}$ teaspoons baking powder, and $\frac{1}{4}$ teaspoon salt. Add to the bran mixture; drop from a teaspoon onto a greased baking pan and bake in a hot oven— 400° F.—for fifteen minutes.

24 BRAN PUFFS

- | | |
|-------------------------|--------------------------------------|
| 2 eggs, slightly beaten | $\frac{1}{4}$ teaspoon baking powder |
| 1 cup brown sugar | $\frac{1}{3}$ teaspoon salt |
| $\frac{1}{2}$ cup flour | $\frac{1}{2}$ cup nuts |
| | $\frac{1}{2}$ cup bran |

Mix in order given. Fill buttered muffin tins two-thirds full. Bake in moderate oven ten to fifteen minutes.

75 HERMITS

- | | |
|------------------------|--------------------------------|
| 2 cups sugar | $\frac{1}{2}$ cup chopped nuts |
| 1 cup butter | 2 eggs |
| 1 cup sour milk | 1 teaspoon cinnamon |
| 1 teaspoon soda | $\frac{1}{2}$ teaspoon nutmeg |
| 1 cup raisins | Flour to make stiff |

Roll or drop.

36 DATE BARS

- | | |
|------------------------------|---------------------------|
| 1 cup sugar | 2 teaspoons baking powder |
| 3 eggs, beaten separately | $1\frac{1}{4}$ cups flour |
| 1 or 2 teaspoons vanilla | 1 cup nuts |
| 1 pkg. dates (1 cup chopped) | Pinch of salt |

The water clinging to the dates adds moisture enough for a waxy texture.

Pour warm water over dates, drain at once, seed and cut small with scissors or very coarse grinder. Mix sugar and yolks, add other ingredients and fold in whites. Bake in sheet pan in moderate oven. While warm dust with powdered sugar and cut into bars. May also be rolled in the sugar. In tight can they become more moist.

60 DATE-NUT COOKIES

- | | |
|--|---|
| $1\frac{1}{2}$ cups sugar | 1 cup broken walnuts |
| 1 cup butter or lard | 1 teaspoon lemon flavoring |
| 3 eggs | $\frac{1}{2}$ teaspoon allspice or cin- |
| $\frac{3}{4}$ lb. chopped dates (or part figs) | namon |
| 1 teaspoon soda in $\frac{1}{4}$ cup hot water | $2\frac{3}{4}$ cups flour |

Drop and bake; or add $\frac{1}{4}$ cup more flour and roll.

48 DATE DROPS

- | | |
|-----------------------------|-------------------------------|
| 1 cup sugar | 1 cup nuts |
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ teaspoon cloves |
| 2 slightly beaten eggs | 1 teaspoon cinnamon |
| 1 lb. dates, chopped | 1 teaspoon baking powder |
| 1 teaspoon soda in 4 table- | $1\frac{1}{2}$ cups flour |
| spoons warm water | |

Cream butter and sugar; add eggs. Mix dates with the water and soda. Add to sugar mixture. Add nuts and mixed dry ingredients. Add a bit more flour if necessary to keep shape when dropped. Bake rather slowly.

CHINESE DATE CHEWS

1 cup finely chopped dates	1 teaspoon baking powder
1 cup chopped English walnuts	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	2 beaten eggs
$\frac{3}{4}$ cup flour	Juice of 1 large lemon
	$\frac{3}{4}$ cup cocoanut

Mix dates and nuts, add sugar; mix and add flour, salt, and baking powder sifted together. Add beaten eggs (not separated) and bake in a thin sheet in a very moderate oven (325° F.) about 20 minutes. While hot, cut into small squares. Pinch the corners of each square together to form balls. Dip lightly into slightly diluted lemon juice, roll quickly in finely shredded cocoanut. Delicious served with tea.

100 FRUIT SQUARES

1 cup sugar	4 tablespoons sweet milk
1 cup butter	1 teaspoon vanilla
2 eggs	1 cup nuts, chopped
Flour	1 cup raisins
1 teaspoon cinnamon	1 cup currants
1 teaspoon cloves	1 cup watermelon preserves
1 teaspoon allspice	or candied pineapple
1 teaspoon soda	

Cream sugar and butter. Add eggs. Mix and sift 1 cup flour with spices and soda. Add to first mixture with milk and vanilla. Add nuts and fruit. Add enough more flour to roll dough $\frac{1}{4}$ -inch thick. Cut in squares. Bake in moderate oven.

36 RAISIN COOKIES WITHOUT MILK

3 beaten eggs	2 cups flour
$1\frac{1}{4}$ cups brown sugar	1 teaspoon soda
Pinch of salt	1 tablespoon vanilla or lemon
2 tablespoons butter ($\frac{1}{2}$ cup if liked richer)	$\frac{1}{2}$ cup nuts
	$\frac{1}{2}$ cup raisins

Drop and bake quickly.

80 RAISIN DROPS

2 cups brown sugar	$\frac{1}{3}$ cup sour milk
$\frac{1}{2}$ cup white sugar	1 teaspoon soda
$\frac{2}{3}$ cup butter	1 teaspoon cloves
Pinch of salt	1 teaspoon cinnamon
2 eggs, well beaten	1 cup raisins
1 cup walnuts	

Flour (5 cups or more) for rather stiff dough. Drop and sprinkle sugar on each. Bake in moderately hot oven.

NOVEL LAYER COOKIES*First Layer:*

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon vanilla
1 cup white sugar	$\frac{1}{2}$ teaspoon salt
2 eggs, beaten	$1\frac{1}{2}$ cups pastry flour
1 teaspoon baking powder	

Cream shortening and sugar. Add eggs and vanilla. Last flour sifted with salt and baking powder. Spread $\frac{1}{2}$ inch thick over shallow, greased pan.

Second Layer:

1 cup light brown sugar	$\frac{1}{2}$ teaspoon vanilla
1 egg-white	$\frac{3}{4}$ cup chopped walnuts

Beat egg, fold in sugar. Add vanilla. Spread over first layer. Sprinkle with walnuts. Bake thirty minutes in moderate oven (325° F.). Cut in squares when cool.

BISHOP'S ALMOND SLICES

1 cup sugar	1 cup seeded raisins
3 eggs	1 cup almonds, cut
$1\frac{1}{4}$ cups flour	2 teaspoons baking powder

Beat eggs well with sugar. Sift 1 cup flour with baking powder and pinch of salt, beat until light, stir in lightly, raisins and nuts cut in halves, having first sprinkled them with the rest of the flour. Bake in thin sheets in two shallow, square pans, 350° F., and cut in oblong pieces before quite cold. Sprinkle with sugar and walnuts chopped fine.

100 HICKORY NUT COOKIES

2 cups rolled oats	Mix all together, then add:
3 cups flour	1 cup sour milk
1 cup hickory nuts	1 teaspoon soda (in milk)
2 cups brown sugar	1 cup soft butter with
1 cup chopped raisins	2 well beaten eggs

Mix and roll into balls, than flatten and bake in moderate oven till brown.

24 PEANUT BUTTER WAFERS

Into $\frac{2}{3}$ cup peanut butter stir thoroughly 2 tablespoons soft lard, oil, or butter, and $\frac{1}{2}$ teaspoon salt. Rub this mixture into 2 cups flour, using the hands or chopping knife, and rubbing till it is fine and grainy. Make into rather dry dough with a few drops of water at a time, as for pie crust. Roll this, brush with melted butter, sprinkle with salt, and cut in strips. Bake in a moderate oven to a light brown. Unsweetened, crisp and good.

24 PEANUT OR PECAN PATTIES

Beat 1 egg until light; add gradually 1 cup powdered sugar and beat until very light. Add 5 tablespoons flour, 1 cup finely chopped nuts; stir until thoroughly mixed. Drop, by tablespoons, on greased tins, and bake light brown, in a quick oven, about fifteen minutes. One whole nut may be put on each cake.

20 PEANUT CAKES

2 egg-whites 1 heaping cup pulverized sugar
1 cup ground nuts

Beat whites stiff, slowly add sugar and mix. Take out one-third of the mixture and set aside for top. Add nuts to the remaining two-thirds. Dust rolling pin and board with pulverized sugar. Roll dough $\frac{1}{3}$ inch thick. Spread the saved sugar and egg mixture on top. Cut into bars and bake in slow oven about ten minutes. Fine. Similar to meringue kisses.

100 ALMOND COOKIES

1 cup light brown sugar	1 teaspoon soda	} mix
1 cup granulated sugar	1 teaspoon cinnamon	
1 scant lb. butter or part substitute	$4\frac{1}{2}$ cups flour	
3 eggs, well beaten (not separately)	$\frac{1}{4}$ lb. finely chopped almonds (or a scant cup)	

Mix and form into sausage-shaped rolls and keep cold over night. In morning slice *thin* and bake. Will keep for months in tight can. Fine Christmas cookies. (If the rolls are wrapped in heavy waxed paper they keep their shape better.)

24 GEM OR CUP CAKES

1 beaten egg	1 to 3 round tablespoons butter
1 cup sugar (granulated or brown)	$\frac{2}{3}$ cup milk or water
	2 scant cups flour
	2 teaspoons baking powder

Vanilla or nutmeg to taste, or use a bit of grated orange or lemon rind with 1 teaspoon lemon extract. For dark gems add

1 teaspoon mixed spices or 4 tablespoons cocoa. Leftover bits of honey, jams, jellies, etc., may be used instead of part of the sugar. Frost or serve with a chocolate sauce or fruit sauce: 1 tablespoon flour, 1 tablespoon butter, $\frac{1}{2}$ cup water cooked and added to sweetened crushed fruit or preserves. Bake in greased and floured muffin tins in moderate oven (380° F.) fifteen to twenty minutes. For a rich, almost waxy cake that does not need frosting, increase the sugar, using 1 cup brown and $\frac{3}{4}$ cup white sugar with $\frac{1}{4}$ teaspoon salt. A handful of raisins, dates, or cooked prunes may be added with a bit more flour.

30 ORANGE CUSTARD CUP CAKES

$\frac{1}{2}$ cup butter	1 cup milk
$1\frac{1}{2}$ cups sugar	$2\frac{1}{2}$ cups cake flour
3 eggs	$\frac{1}{4}$ teaspoon salt
Grated rind of 1 orange	$2\frac{1}{2}$ teaspoons baking powder

Cream the butter with half the sugar, and beat the egg yolks with the rest. When both mixtures are light and delicate, combine them, add the orange rind, then alternate the milk and flour sifted with the salt and baking powder, beat well and fold in the stiffly beaten whites of the eggs, and bake in flaring muffin tins. When cool cut off the tops and scoop out as much of the center as possible, then fill with an orange custard, replace the cap. Top with a thick marshmallow frosting put on roughly, and decorate with finely chopped nuts or candied violets or fruit.

Orange Custard

Beat together 1 egg, 1 tablespoon soft butter, $\frac{3}{4}$ cup sugar, 1 tablespoon cornstarch, and $\frac{1}{2}$ cup milk, with the grated rind of $\frac{1}{2}$ orange and the juice of a whole one. Cook over hot water till thick, then cool before using. Double this amount if all the cup-cakes are to be filled.

20 SPONGE GEMS

2 eggs (beaten separately)	1 cup sugar
1 teaspoon lemon juice and bit of grated rind (or use flavor- ing)	$\frac{1}{3}$ cup hot water
	Small pinch of salt
	1 cup flour
1 teaspoon baking powder	

Beat the egg yolks until very light, add the lemon juice and sugar gradually, beating; then add the boiling water, then the stiffly beaten egg whites, then the flour and baking powder, folded in very lightly. Bake in well greased muffin pans about twenty minutes at 350° F., and frost with lemon or orange flavored frosting.

Richer cakes may be made by creaming $\frac{1}{3}$ cup butter and a pinch of soda with the sugar, adding the lemon and yolks next, then the dry mixture, and folding in the whites last.

20 QUICK SPONGE DROPS

Beat 3 eggs together; add 1 cup sugar and 1 cup flour sifted with 1 teaspoon cream of tartar. Dissolve $\frac{1}{2}$ teaspoon soda in 1 tablespoon warm water and stir into the batter thoroughly. Flavor with scant teaspoon vanilla or lemon. Drop by teaspoons on buttered tin. Bake in hot oven. Serve with ice cream or frosting.

24 SURPRISE CAKES

Bake cup-cakes or a layer-cake mixture in muffin pans, then cool and cut a slice off the top of each cake. Remove most of the crumb, leaving a shell about $\frac{1}{4}$ inch thick. Soak 2 tablespoons gelatin in $\frac{1}{4}$ cup cold water. Dissolve in $\frac{1}{2}$ cup boiling water, and add $\frac{1}{2}$ cup sugar and 2 tablespoons lemon juice. Cool until beginning to stiffen, then stir in 1 cup grated pineapple and 2 stiffly beaten egg-whites, or 1 cup whipped cream. Beat with a wire egg-whip until nearly stiff. Fill the cavity in each cake with the mixture, put back the slice that was cut from the top and cover with chocolate icing. Use only 1 tablespoon gelatin if the cakes are not to be served the day they are made, but keep them cold.

A large sponge cake or angel food may be filled with a fruit, nut, and gelatin mixture that is almost stiff. It may also be whipped and added to whipped cream. The cake crumbs from the center may be served later as a dessert by covering them with a thin custard.

36 NUREMBERGS

2 eggs	$\frac{1}{8}$ teaspoon ground cloves
$\frac{1}{2}$ cup powdered sugar	1 tablespoon orange peel, finely cut
$\frac{3}{4}$ cup flour	
$\frac{1}{3}$ teaspoon salt	Grated rind $\frac{1}{2}$ lemon
$\frac{1}{3}$ teaspoon cinnamon	$\frac{3}{4}$ cup almonds

Beat the whites of the eggs until stiff, and add sugar gradually, continuing the beating. Then add yolks of eggs well beaten, flour mixed and sifted with salt and spices, orange peel, and lemon rind. Blanch almonds, cut in small pieces crosswise, and bake in a slow oven until well browned. Fold into the mixture, and drop by spoonfuls on a sheet dredged with cornstarch and powdered sugar in equal proportions. Bake in a moderate oven.

TOPSY TURVY PINEAPPLE SQUARES

Mix together $\frac{3}{4}$ cup granulated sugar, 2 eggs beaten separately; alternately add 1 cup flour mixed with 1 teaspoon baking powder, and $\frac{1}{3}$ cup water. When smooth as cake batter, put a thick layer of brown sugar, a few small dots of butter, and then sliced canned pineapple in the bottom of a buttered pan, and cover the pineapple with the batter. Bake in a moderate oven. Turn over, cut in squares with a slice of fruit in each square, fill the centers with whipped cream and a cherry.

14 LADY FINGERS

Whites 3 eggs	$\frac{1}{3}$ cup bread flour
$\frac{1}{3}$ cup powdered sugar	$\frac{1}{8}$ teaspoon salt
Yolks 2 eggs	$\frac{1}{4}$ teaspoon vanilla

Beat whites of eggs until stiff and dry, add sifted sugar gradually, and continue beating. Then slowly add yolks of eggs, beaten until thick and lemon colored, and flavoring. Cut and fold in flour mixed and sifted with salt. Do not beat or stir after folding. Shape $4\frac{1}{2}$ inches long and 1 inch wide on a tin sheet covered with unbuttered paper, using a pastry bag and tube. Sprinkle with powdered sugar, and bake eight minutes in a moderate oven. Remove from paper with a knife. While hot, lightly press together in pairs.

24 MAPLE DOUBLETs

1 cup maple syrup	$\frac{1}{2}$ teaspoon salt
3 eggs	2 teaspoons baking powder
3 tablespoons melted butter	3 cups pastry flour

Mix the melted butter, syrup and well beaten egg-yolks. Add the flour sifted with the salt and baking powder. Fold in the whites of the eggs beaten stiff. Drop far apart on a greased pan. Bake at 400° F. for about twelve minutes. Put together in pairs with maple frosting.

48 MARSHMALLOW WAFERS

Put 1 cup sugar into $\frac{1}{2}$ cup water, bring to the boiling point, and let boil until syrup will thread. Remove from fire and add 10 marshmallows cut into small pieces. Pour mixture gradually, while beating constantly, into the whites of 2 eggs, beaten stiff, and add 1 cup broken pecans and $\frac{1}{2}$ teaspoon vanilla. Spread on salted wafers and bake in slow oven till delicately brown.

48 MARGUERITES

4 egg whites beaten stiff. Add $\frac{1}{2}$ cup granulated sugar and about 1 lb. (2 cups) ground peanuts. Spread on salted wafers, brown in slow oven.

12 WAFFLE TEA CAKES

A waffle iron makes delicious little fresh cakes to serve with tea. Make batter of 2 tablespoons butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup milk, 2 eggs (whites folded in last), a pinch of salt, a few drops of flavoring, 1 cup flour, and 2 teaspoons baking powder. Have the iron hot and well greased. Put about half as much batter in the iron as you would for waffles, and bake as usual.

RING COOKIES

Roll out a sheet of chilled, stiff, white dough, one of pink and one of yellow cookie dough, place one upon the other and cut in strips, or roll like jelly cake, cut off slices and bake. Sugar cookie dough may be colored or, for variety, chocolate dough may be used with it.

24 CONES OR WHISTLES

$\frac{1}{2}$ cup butter	6 eggs, beaten well
1 cup sugar (fine, soft, or very light brown)	Flour to make stiff drop- batter (not dough)

Cream butter and sugar, add eggs and flour, drop little pats 3 inches apart on a buttered paper, spread thin, bake on a pan until a light brown, about five minutes, place on a sugared molding board, and roll while warm on a smooth, round stick; place lapped edge down as stick is removed; when cold, fill with whipped cream, sweetened and flavored with vanilla.

48 HAZELNUT MACAROONS

6 egg whites, beaten very stiff	
$\frac{1}{2}$ lb. ground hazelnuts	$\frac{1}{4}$ lb. ground almonds ($\frac{1}{2}$ cup)
(or 1 cup pecans)	$\frac{3}{4}$ lb. sugar ($1\frac{1}{2}$ cup)

Add nuts and sugar slowly and alternately to whites. Drop and bake in cool oven, thirty minutes or longer.

48 DATE MACAROONS

4 egg whites	$\frac{1}{2}$ lb. chopped dates
2 cups powdered sugar	$\frac{1}{2}$ lb. almonds, chopped
1 teaspoon vanilla	

Beat whites stiff, add sugar slowly, then add dates, nuts, and vanilla. Drop with spoon on buttered pan. Bake in slow oven thirty minutes.

WAXY MACAROONS

$\frac{1}{2}$ lb. almond paste	Whites 3 or 4 eggs (unbeaten)
1 cup granulated sugar (scant)	$\frac{1}{3}$ cup powdered sugar

Break almond paste in small pieces, and mix with the hand, adding gradually the 1 scant cup of sugar and the whites of eggs, of which there should be a scant $\frac{1}{2}$ cup. When perfectly blended, stir in the powdered sugar. If it does not hold its shape, add a little more powdered sugar. Shape with pastry bag and tube on tin sheets covered with thin paper in rounds $1\frac{1}{2}$ inch in diameter, and bake twenty-five minutes at 360° F. Remove from oven, invert paper and macaroons, and wet paper with a cloth wrung out of cold water, to loosen the cakes.

20 ALMOND MACAROONS

$\frac{1}{2}$ lb. chopped, blanched almonds (or almond paste)	1 cup sugar
	Grated rind of 1 lemon
2 stiffly beaten egg whites	

Mix in order given. Drop and bake very slowly on greased tin.

24 COCOANUT KISSES

3 egg whites	$\frac{3}{4}$ cup granulated sugar
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{3}$ cups (a 4-oz. pkg. or can)
$\frac{1}{2}$ teaspoon vanilla	cocoanut
(2 tablespoons cocoa may be added)	

Beat the egg-whites stiff but not dry, then add the salt. Beat in the sugar, $\frac{1}{4}$ cup at a time. Add the vanilla and fold in the cocoanut. Drop by *rounded* teaspoons, an inch apart, on a baking sheet or inverted pan which has been greased with fresh, unsalted fat, or *good* oil. Bake in slow oven about 275° F., for thirty minutes.

30 COCOANUT FLAKE MACAROONS

2 egg whites	1 tablespoon flour
1 cup sugar	$\frac{1}{2}$ cup chopped nuts
1 cup shredded cocoanut	2 cups corn flakes (crisped)
1 teaspoon vanilla	

Beat eggs, add sugar, cocoanut, nuts, corn flakes, and vanilla; mix well, then add flour. Drop by spoonfuls in buttered pans. Bake in moderate oven.

(60) COCOANUT CRISPS

2 eggs	1 cup white sugar
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup cocoanut
1 cup brown sugar	$2\frac{1}{2}$ cups flour
2 teaspoons baking powder	

Beat the eggs, add the butter (melted), sugar, cocoanut, and flour, which has been mixed and sifted with the baking powder.

Chill the dough, roll very thin, cut with a small round cutter, and bake in a hot oven until delicately browned. Or mold into sausage shape, allow to stand several hours, preferably over night, and slice very thin with a sharp knife. Bake quickly.

60 COCOANUT DROP COOKIES

In a warm bowl, mix the following ingredients:

1 cup brown sugar	1 cup flour
2 cups oats	1 teaspoon baking powder
1 cup cocoanut	$\frac{1}{2}$ teaspoon salt

In another bowl beat 1 egg and add $\frac{1}{2}$ cup milk, and $\frac{1}{2}$ cup vegetable oil or melted butter.

Add to the above, mix well, and drop from a spoon on a well greased baking sheet. Bake in a moderate oven. This recipe may be varied by using raisins and nuts instead of cocoanut.

40 OATMEAL SWEETBITS

1 cup sugar	$2\frac{1}{2}$ cups rolled oats
1 tablespoon butter	2 teaspoons baking powder
2 beaten egg yolks	1 teaspoon vanilla
	2 beaten whites

Mix in order given. Drop by teaspoon on buttered pan, leaving room to spread. Bake in slow oven.

80 CORN FLAKE COOKIES

2 cups sugar	1 cup raisins
$\frac{1}{2}$ cup lard	3 cups corn flakes (crisp)
1 teaspoon soda	2 teaspoons baking powder
1 cup sour milk	5 cups cake flour

Mix in order given. Drop and bake slowly.

24 CORN FLAKE PUFFS

2 egg whites (beaten stiff), 1 cup sugar (added gradually), $\frac{1}{2}$ teaspoon baking powder. Beat fifteen minutes. Add 1 cup crisp corn flakes. $\frac{1}{2}$ cup nuts may be added. Drop on buttered pan.

48 GOLDEN SURPRISES

1 tablespoon butter	1 teaspoon vanilla
1 cup sugar	$3\frac{1}{2}$ cups Post Toasties (crisp)
2 beaten eggs	1 teaspoon soda

Drop by teaspoon and bake rather quickly.

CHRISTMAS COOKIES

Note: Christmas cookies usually are best if kept several weeks before using. If they should be crisp, keep in cloth sack in warm, dry place till dry, then put in tight can. If necessary to soften other kinds—put sliced apple in tight can with them several days; when soft enough, remove apple and keep tightly covered till used. For Christmas breads see Stollen, Birnen Brod, etc. Also see Almond Cookies, Sand Tarts, Sour Cream Cookies, Anise Seed Cookies, Ginger Snaps, or Creams, etc., for keeping and for fancy cutting.

(100) PFEFFERNESSEN (Pepper Nuts)

1 lb. sugar	2 teaspoons baking powder
1 lb. flour	1 lemon (juice and grated rind)
½ teaspoon each of cloves, mace, nutmeg	½ cup sliced citron, or orange and lemon peel mixed
1 tablespoon cinnamon	5 beaten eggs

Sift dry ingredients together, add citron and lemon flavoring. Beat eggs separately till stiff and add gently. Shape lightly into balls, size of hickory nut, and bake in slow oven, or shape and leave over night in cool place, then turn them over and put a drop or two of fruit juice or spiced peach syrup on the flat spot and bake. Keep in tight can.

MOLASSES PEPPER NUTS

1 pint corn syrup	1 teaspoon soda,
1 pint New Orleans molasses	2 teaspoons cinnamon
½ lb. shortening, butter or fat	½ teaspoon cloves,
½ lb. brown sugar	¼ lb. citron, cut fine
2½ lbs. flour	¼ lb. almonds, chopped fine
1 lemon, rind and juice	

Warm syrup, add shortening and lemon juice and the remaining ingredients in order given, soda mixed with flour. Almonds and citron may be omitted. Roll into little balls, size of a marble, brush with white of egg and bake until brown, 350° F. Will keep indefinitely.

80 ANISE CAKES

(Also see Anise Seed Cookies)

1 lb. powdered sugar	5 large or 6 small eggs
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Beat sugar and eggs together an hour if possible, then add 1 lb. flour (3½ cups bread flour preferred), and 2 drops anise oil. Beat again.

Should be stiff enough to drop from teaspoon in size of half-dollar and spread in baking to dollar size. When stiff enough,

drop on greased tins, allowing room to spread. Let stand in cold place over night. Bake in slow oven. Best if kept a month before using. (The texture is different, but the cakes are good if the eggs are well beaten first, then it is not necessary to beat together so long if sugar is added gradually.

LEMON CAKES

Make as above, using lemon oil instead of anise.

60 SPRINGERLE

4 eggs beaten separately as stiff as possible. Combine slowly and beat well. (Some beat the sugar with unbeaten eggs one hour.) Slowly add 1 lb. powdered sugar sifted and 1 lemon (juice and grated yellow rind). Gently stir in 1 lb. (or less) flour, to which 1 teaspoon baking powder is added, and $\frac{1}{4}$ teaspoon salt (1 or 2 teaspoons anise seed may be mixed in).

Knead lightly, cover tight, and chill thoroughly for at least three hours. Keep dough cold while rolling out small piece at a time $\frac{1}{4}$ inch thick on floured board or cloth. Sprinkle with anise seed. Press the wooden molds into each piece to mark the squares, then cut and let stand over night in cold place on a cloth sprinkled with flour and anise seeds. Bake till straw colored in slow oven on buttered tins. Keep in a cool place in tight can with quartered apple several weeks before using.

60 ORANGE MACAROONS

5 egg whites (beaten)	1 orange (juice and grated rind)
Fold in slowly:	1 teaspoon cinnamon
1 lb. powdered sugar	1 cup flour
1 cup nuts	

Drop on buttered pan and bake slowly.

60 HICKORY OR BLACK WALNUT COOKIES

To 4 eggs beaten well with 2 cups sugar, add 1 cup walnuts or hickory nuts, 1 cup flour in which 1 heaping teaspoon baking powder is sifted. Add flour enough to handle soft as possible. Make into balls, flatten about size of dollar, and bake slowly.

(36) VANILLA CAKES (Sticks)

To 2 egg-whites beaten stiff, add slowly $\frac{1}{2}$ lb. powdered sugar (no flour). Grind **fine** $\frac{1}{2}$ lb. unblanched almonds with 1 vanilla bean (Drug Store), cut into bits. Mix and force through rose pastry tube into lady finger strips, and bake slowly.

These are similar to macaroons, and should be kept in cheese cloth bag or a box without any moisture. Excellent.

45 CHRISTMAS LEBKUCHEN

Boil together 1 lb. honey and 1 lb. sugar till sugar is dissolved. Keep hot over boiling water, and add $\frac{1}{2}$ lb. split or chopped almonds, $\frac{1}{4}$ lb. chopped citron, $\frac{1}{4}$ lb. chopped lemon peel, 1 teaspoon each of cloves, nutmeg, cinnamon, salt. Mix well and add $\frac{1}{4}$ cup orange, lemon, or grape juice, $1\frac{1}{2}$ lbs. (2 qts.) flour, 1 teaspoon soda (2 teaspoons if lemon is used).

Keep dough warm; then roll quickly as thin as almonds permit. Mark in squares with knife and cut with sharp knife or shears about size of a card. Bake in moderately hot oven, and ice while warm with butter frosting flavored with almond (confectioner's sugar softened with cream). It is easier to bake dough in sheets, then frost, and cut while slightly warm. Fine if kept about four weeks in tight can. They are tough instead of waxy if used sooner.

85 CHRISTMAS FRUIT COOKIES

Cream together 2 cups sugar, $1\frac{1}{3}$ cups butter, 3 eggs; add 1 cup seeded raisins, 2 cups currants or seedless raisins or other fruit, 1 cup English walnuts, 1 teaspoon each of cinnamon, cloves, nutmeg, soda and baking powder. Flour to handle for rolling and cutting out, or drop them. Bake in moderate oven. (Keep fine.) Also see Fruit Squares and Date Bars.

MERINGUES (KISSES, SHELLS, ETC.)

PASTES

There are three kinds of egg mixtures that may be used for Kisses, Shells, etc. **Cold paste** requires about one hour to bake, but French and Italian pastes bake in forty-five minutes. **Italian** and **French pastes** make firmer shells than cold paste, and they will not break so easily. You may make meringue shells from any one of the pastes either several hours or a week before serving. (Keep in a tight can.) In all meringues the eggs must be fresh but cold, and at least twenty-four hours old to beat right.

COLD MERINGUE PASTE

Whites of 3 eggs, $\frac{7}{8}$ cup fine granulated sugar, $\frac{1}{2}$ teaspoon vanilla or $\frac{1}{4}$ teaspoon almond extract. The whites should be beaten (about fifteen minutes) so stiff that the bowl may be inverted without spilling any froth. Add half the sugar and beat again until, when the beater is lifted, the mixture remains in points. Gradually add the rest of the sugar and flavoring, beating very lightly.

ITALIAN MERINGUE PASTE

Whites of 3 eggs, 1 cup sugar, and $\frac{1}{4}$ cup hot water, with any flavoring. Put the water and sugar over the fire, cook slowly while the sugar dissolves, then more rapidly until the syrup reaches the thread stage (238° to 240° F.). Do not stir the syrup at all during the boiling. If covered a few minutes the steam will wash the crystals down. Just before it is finished rub a portion of it against the side of the saucepan with the back of the spoon, and stir any remaining grainy particles into the syrup. Meantime the whites should have been beaten as described in Cold Paste, then the syrup is poured over them in a thin stream, the beating continuing until the paste is nearly cold and stiff. The flavoring may be added during the beating.

FRENCH MERINGUE PASTE

This paste is made by placing the sugar and unbeaten egg-whites—using the same measurements as in Italian meringue—in the top of the double boiler, placing this in hot water over the fire and then beating the egg and sugar together steadily, while the water around the saucepan simmers, until the mixture becomes heavy enough to hold its shape. Remove from the fire and beat a few moments longer, placing the saucepan in cold water. This makes a more glossy product.

BAKING

A 1-inch ash or hickory board, well soaked in cold water, is best for baking meringues but a heavy tray or dripping pan, if inverted and wet thoroughly with cold water, will answer. Cover the surface of the board or the inverted pan with unoled white paper, which should also be dampened on the under side.

Everything depends upon the temperature. An oven thermometer should register not more than 250° to 275° F. during the entire baking. They should rather dry out than bake, and when finished should have a pale biscuit color. If the oven is too hot they will color too soon and burst before they are fully baked, or they may be waxy in the center which makes them hard to cut.

KISSES

Cold paste is most commonly used. Another recipe for kisses made of this uncooked paste calls for $1\frac{1}{4}$ cups sugar to 4 whites, mixed and baked the same. 1 cup chopped nuts, corn flakes (crisped) or cocoanut may be added.

Make round or long. To make them symmetrical, one should have a pastry bag with a plain or star tube. A tablespoon may be used. Dip it in hot water and then fill it about half full of the

paste, and drop from the end in round neat form. Try to have all cakes of equal size; they will not spread if the paste was properly prepared and well beaten, so do not leave more than an inch between them.

ROSE KISSES

Use any one of the pastes, tinted a delicate pink with a few drops of vegetable coloring or beet juice, and flavored with rose extract. Force through rose pastry tube if possible.

MERINGUE SHELLS

For filling with ice cream or whipping cream, shells are made like kisses, but should be formed by slipping the mixture from the side of a large spoon, keeping them as smooth and even as possible. They are not baked so long as the kisses. When finished they should be rather soft in the center, and this soft part is usually scooped out with the teaspoon, leaving the shell almost hollow. Then the meringues are returned to the oven, inverted, to dry out. Or, some experts press in the top before baking, or when partly baked or still warm to make a hollow for the filling. The Cold Paste shells, especially, crumble too much if top is pressed in after well cooled.

MERINGUE SLICES

Bake a sheet of sponge or other simple cake, and when it is cool, spread it with a layer of strawberry or other jam and cut it into pieces for serving. Spread with meringue paste or put the meringue in the pastry bag. Force in rosettes or stripes over the sides and top of the cake, and bake very slowly.

STRAWBERRY MERINGUE

4 whites, well beaten; add $\frac{1}{2}$ cup sugar, and fold in $\frac{1}{2}$ cup strawberry preserves (without the juice). Pour into ungreased pan and set in a larger shallow pan lined with paper (to keep out direct heat) and partly filled with boiling water. Bake in a slow oven forty-five minutes, and serve cold with sauce: 1 cup milk, 2 tablespoons sugar, 2 egg yolks, and 1 teaspoon vanilla cooked in double boiler till thick.

DOUGHNUTS

Note: Frying temperatures vary from 360° to 385° F., according to kinds of dough and fat. Average 375° F.

45 SOUR MILK DOUGHNUTS

1 cup sugar, 2 small eggs (or 2 yolks and 1 white) slightly beaten (not foamy), then beat with the sugar; $\frac{1}{3}$ teaspoon salt in $\frac{1}{2}$ cup sour cream or 3 tablespoons melted lard; 1 cup **sour milk**, $1\frac{1}{2}$ teaspoons soda in 1 tablespoon water.

Flour to roll soft, use as little as possible. Cut, and fry in lard heated to 360° F., or the temperature which browns a bread crumb in one minute. Turn often when frying in deep fat. Many cooks add 1 tablespoon vinegar to fat to prevent soaking, but it is not needed if fat is kept at proper temperature. Drain on heavy paper. Fine.

85 SALVATION ARMY DOUGHNUTS

Mix 5 cups flour, 2 cups sugar, 5 teaspoons baking powder and a pinch of salt; sift, then add 2 slightly beaten eggs, $1\frac{3}{4}$ cups milk, 1 tablespoon melted lard. Knead, shape with a doughnut cutter, drop into hot lard (360° F.).

100 PRIZE SOFT DOUGHNUTS

Mix 2 cups soft A sugar (or *very* light brown) with about $\frac{1}{4}$ teaspoon nutmeg and $\frac{1}{2}$ teaspoon salt. Add $6\frac{1}{2}$ tablespoons melted lard, then add 3 slightly beaten eggs (not beaten till light). When well mixed add 2 cups **sour milk** with $1\frac{1}{2}$ teaspoons soda. Add $1\frac{1}{2}$ teaspoons baking powder sifted twice with 1 cup flour. Add enough extra flour for very soft dough. Cut and fry.

50 POTATO DOUGHNUTS

Mix 2 cups hot, mashed potatoes with 2 cups sugar, add 1 cup milk, 3 eggs beaten separately, pinch of salt, nutmeg for flavoring, and lastly 3 tablespoons melted butter. Add flour (to make rather stiff dough) into which 5 teaspoons baking powder have been sifted. These doughnuts are different, absorb less fat, and keep more moist than the usual kind. While hot shake in bag of powdered sugar (cinnamon may be mixed with the sugar).

60 CRISCO DOUGHNUTS (Sweet Milk)

1 cup sugar
5 level tablespoons Crisco
3 eggs
4 teaspoons baking powder
 $1\frac{1}{2}$ teaspoons salt

1 cup milk
 $\frac{1}{2}$ teaspoon grated nutmeg
Flour to make soft dough
($4\frac{1}{2}$ to 5 cups)

Cream Crisco, add sugar gradually, add eggs well beaten. Sift dry ingredients and add alternately with milk to egg mixture. Roll out as soft as can be handled. Cut and fry in hot Crisco (375° F.).

48 CHOCOLATE DOUGHNUTS

1 $\frac{1}{4}$ cups sugar	1 cup sour milk with 1 tea-
4 tablespoons butter or	spoon soda
3 tablespoons other melted	{ 4 cups flour (less if possible)
shortening	{ $\frac{1}{2}$ teaspoon salt
2 eggs	{ $\frac{1}{2}$ teaspoon cinnamon
1 $\frac{1}{2}$ squares bitter chocolate,	1 teaspoon vanilla
melted	

Mix in order given.

CINNAMON DOUGHNUTS

Beat slightly 1 egg and 1 extra egg-yolk, adding slowly $\frac{1}{2}$ cup sugar. Add 2 tablespoons thin cream, $\frac{3}{8}$ cup milk, 1 tablespoon melted butter, and $\frac{1}{2}$ teaspoon lemon extract. Sift together several times 2 $\frac{1}{2}$ cups bread flour, $\frac{1}{2}$ teaspoon salt, 3 teaspoons baking powder, and $\frac{1}{2}$ teaspoon cinnamon. Combine mixtures. Use deep fat, hot enough to fry to a nice brown in one minute a 1-inch cube of bread. Drain the doughnuts separately on brown paper. They may be rolled in a mixture of 1 $\frac{1}{2}$ teaspoons cinnamon to $\frac{1}{2}$ cup confectioner's sugar.

MOLASSES DOUGHNUTS

Mix together 1 cup molasses, 1 cup **sour milk**, 1 egg, 1 teaspoon melted butter, and 1 teaspoon each of salt, ginger, and cinnamon. Add flour enough to roll. Cut into strips, fold, twist, and fry.

36 SOUR-CREAM CRULLERS

1 cup sour cream	$\frac{1}{4}$ teaspoon soda
1 cup sugar	1 teaspoon baking powder
1 egg (slightly beaten)	$\frac{1}{4}$ teaspoon salt

Mix in the order given and flavor with nutmeg or rose extract, and add enough flour for a soft dough (about 4 cups). Roll in a thick sheet and cut with a ring cutter (or break off small pieces, roll under the fingers), and form into figure 8's. Fry in deep fat heated to 360° F. Drain on absorbent paper and shake in a bag with powdered sugar.

48 FRUIT NUGGETS

2 beaten eggs	Grated rind of 1 lemon or orange
1 cup sugar	2 teaspoons baking powder
1 teaspoon salt	1 cup raisins (floured)
1 cup milk	

Add flour for soft dough like pound cake. Drop a tablespoon at a time into hot lard. Roll in powdered sugar.

48 SNOWBALLS

2 eggs beaten light	1 teaspoon vanilla, or pinch nutmeg
1 cup sugar	2 heaping teaspoons baking powder
1 cup rich sweet milk	
$\frac{1}{2}$ teaspoon salt	3 cups flour

Beat all together until smooth. Drop 1 teaspoon at a time into hot lard. Shake in sack of powdered sugar. Fine.

24 BALLOONS OR WIND BALLS

1 tablespoon sugar	Butter, size of walnut
1 cup milk	1 cup flour
Pinch of salt	4 eggs, unbeaten

Boil milk with salt, sugar, and butter. When boiling, remove from fire, add all the flour; stir rapidly and beat in the eggs, one at a time. Drop in hot lard (350° to 360° F.). Roll in powdered sugar. They may be tested with a toothpick—they are done when the toothpick comes out clean. They may be filled with sweetened, whipped cream.

RAISED DOUGHNUTS

1 cake yeast	1 egg
1 cup milk	2 tablespoons butter or vege- table fat
$\frac{1}{2}$ cup sugar	
$3\frac{1}{2}$ cups flour	$\frac{1}{3}$ teaspoon salt

Scald milk and cool until tepid, add 1 tablespoon of the sugar, also the yeast cake, and when the yeast begins to work beat in $1\frac{1}{2}$ cups of the flour. Cover and set aside in a warm place to rise until very light—about $1\frac{1}{2}$ hours.

Cream together the shortening and the remainder of the sugar, add the egg well beaten and turn this mixture into the raised "sponge," adding also the remainder of the flour, sifted with the salt. This should make a dough firm enough to knead, but if necessary, add a little more flour. Knead five minutes, cover and set aside in a warm place until doubled in bulk. Turn out onto a floured board, and roll $\frac{1}{2}$ inch thick. Cut with a small doughnut

cutter (or cut like biscuits, put 1 teaspoon jelly on top and fold it in—making a ball). Lay doughnuts on a floured board, cover and let rise until quite light—about forty-five minutes. Drop them gently into deep, hot fat and, as soon as they rise to the top, turn them over so they may be evenly browned without cracking. Drain thoroughly after frying and, when cool, sift powdered sugar over them.

Frying temperature should be 375° F. for lard, 385° F. for vegetable fat. To test without a thermometer put a small piece of bread into the fat; if it becomes golden brown while you slowly count forty the fat is of the right heat for doughnuts.

Extra Recipes

Puddings

CUSTARDS

(Read these instructions before making any kind of custard)

Custards are a cooked, flavored mixture of milk and eggs. There are two kinds of custards—**soft custard** which is cooked over hot water, and **baked** or **firm custard** which is set in a pan of hot water (kept just below boiling point) in the oven and baked.

When cornstarch is substituted for part of the eggs in a soft custard it may be called blanc mange or cornstarch pudding. Occasionally a bit of flour is added to baked custard (or custard pie) to aid in keeping it from separating.

The consistency or **firmness** of a custard depends upon the proportion of eggs (or cornstarch) and milk; the **smoothness** depends upon the proportion of yolks and whites, the method of combining and cooking the ingredients and the **temperature** of cooking.

For a *velvety custard* more yolks than whites are used; the eggs are beaten till smooth and well *broken, but not light* (they may be beaten with the sugar); and the mixture is cooked at a *low temperature* (over or surrounded by water) till properly congealed, but *not over-cooked*. When a knife comes out clean, *baked* custard is done. *Soft* custard should coat the spoon.

Custards in which **cornstarch** is used, may get *lumpy* if the cornstarch is not smoothly mixed with *cold milk* to the consistency of cream before adding hot milk. Mixing sugar with cornstarch before adding any liquid helps to blend it more easily. In soft custards 1 teaspoon cornstarch may be substituted for 1 egg yolk; 2 teaspoons for 1 whole egg or 2 yolks. Unless cornstarch is cooked *twenty minutes* it gives mild puddings a starchy flavor. It should be cooked with the milk over hot water (to prevent scorching) before the eggs are added, as they require only two or three minutes.

Flour (which requires only three minutes' cooking) may be substituted for cornstarch in thickening mixtures, but the texture is slightly gluey instead of jelly-like. 3 tablespoons flour equals 1 tablespoon cornstarch.

Custards usually **curdle** if *overheated* or *cooked too long*. **Soft** custards should be *stirred almost constantly* in order to be creamy. **Baked** custards should be jelly-like and *must not be stirred* while cooking. Be sure the milk is *sweet* enough to stand scalding without separating, before starting to make custard. If a soft custard

begins to curdle, remove from the heat and beat hard with a Dover beater. When *chocolate* is added use the beater to blend it evenly.

For a **medium soft custard** or for individual baked custards to be served in cups, the following proportions are used—1 cup milk to 1 whole egg or 2 yolks.

For a **firmer baked custard** to hold its shape, more eggs are needed—1 cup milk to 1 whole egg and 1 yolk, or 3 yolks.

BAKED CUSTARD (for 2)

1 cup milk	$\frac{1}{2}$ teaspoon vanilla
1 egg or 2 yolks	1 tablespoon sugar
Pinch nutmeg	

Beat egg slightly, add other ingredients. Pour into 2 small buttered cups. Bake in pan of hot water till custard sets. If knife blade comes out clean, the custard is done. For variety, 1 tablespoon caramelized sugar or maple syrup may be put into the cups before adding custard mixture. (Baking requires about twenty minutes.)

DATE CUSTARD

3 eggs	$\frac{1}{2}$ cup dates,
2 cups milk	stoned and cut up
3 tablespoons sugar	$\frac{1}{4}$ teaspoon salt

Beat eggs slightly, scald milk, and mix all ingredients together. Turn into buttered molds and set molds in a pan of hot water. Bake till set. When baking custards, keep the water just below boiling.

BAKED CARAMEL CUSTARD

4 cups scalded milk	$\frac{1}{2}$ teaspoon salt
5 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	

Put sugar in pan, stirring constantly over fire until melted and light brown. Add gradually to hot milk, being careful that milk does not bubble over. When sugar and milk are blended add gradually to eggs slightly beaten; add salt and flavoring, then strain into buttered mold. Bake as custard. Chill and serve.

GINGERBREAD CUSTARD

Scald 1 pt. milk; beat 2 egg yolks and $\frac{1}{4}$ cup sugar together. Add the scalded milk gradually to the egg mixture. Pour it over $1\frac{1}{2}$ cups gingerbread crumbled in a buttered baking dish. Place in a pan of hot water and bake in slow (350° F.) oven for about thirty minutes or until set. Cover with a meringue made from the egg whites, 6 tablespoons sugar, $\frac{1}{4}$ teaspoon vanilla, and brown in 300° F. oven fifteen minutes. Good.

LEMON CUSTARD

1 cup sugar
3 tablespoons flour
 $\frac{1}{2}$ teaspoon salt

Juice of 1 lemon
1 cup milk
2 eggs

Mix dry ingredients, lemon juice, and yolks of 2 eggs slightly beaten. Add milk gradually, and stiffly beaten whites last. Pour in buttered baking dish, and cook in pan of hot water until custard is set.

PINEAPPLE CUSTARD

Measure drained crushed pineapple. Take equal amount sugar and half its quantity of butter, cream together and add pineapple, add 6 slightly beaten eggs and 1 cup cream. Bake like custard in pan of water. The pineapple juice may be used for salad dressing or a mixed fruit dessert.

SOFT CUSTARD (for 4)

1 pt. hot milk
Yolks of 3 eggs
 $\frac{1}{2}$ teaspoon vanilla

$\frac{1}{4}$ cup sugar
 $\frac{1}{8}$ teaspoon salt

Beat the yolks slightly and mix with the sugar and salt. Slowly add the scalded milk, stirring constantly. Cook until it thickens (just enough to coat the spoon) over a low fire or over water just below the boiling point. Flavor and cool. If the custard should curdle from being overcooked, place it in a pan of cold water and beat it with a Dover beater. For a fluffy custard, the stiffly beaten whites may be folded in just a moment before removing the custard from the stove.

FLOATING ISLAND (for 4)

Make a soft custard (above recipe) and add a very tiny pinch of salt and 2 tablespoons sugar to the beaten whites. Cook the whites in spoonfuls on top of slowly boiling water for a minute or two, then brown them a moment in the oven and serve on top of the chilled custard.

CORNSTARCH FLOAT (for 8 to 10)

3 pts. milk (scalded)
4 to 5 eggs (save whites)

2 tablespoons cornstarch
 $\frac{1}{2}$ cup sugar

Mix cornstarch with a little cool milk. Add scalded milk, stir till thickened then cook in double boiler, tightly covered, twenty minutes. Add to slightly beaten yolks mixed with the sugar; pour back into boiler, and cook about five minutes over the boiling water to cook yolks. Add 1 tablespoon butter or pinch of salt just be-

fore removing from stove. *For quicker cooking and thinner pudding, omit cornstarch and just scald milk before adding it to yolk mixture, and finish the same (without cooking twenty minutes). Stir to prevent curdling. ($\frac{1}{2}$ cup flour may be substituted.)* For a thicker pudding use 3 or 4 tablespoons cornstarch or $\frac{2}{3}$ to $\frac{3}{4}$ cup flour.

The whites may be beaten with 1 tablespoon sugar, a speck of salt, and poured over the custard to cook and then lifted off or they may be dropped by tablespoons on boiling water and set in oven to brown. Chill custard and serve whites on top.

CORNSTARCH CUSTARD (for 6 to 8)

1 qt. milk	$\frac{1}{3}$ cup sugar
$\frac{1}{4}$ cup cornstarch	3 eggs

Mix cornstarch, sugar, and pinch of salt; blend with $\frac{1}{2}$ cup cool milk; add $3\frac{1}{2}$ cups hot milk and stir over low flame till thickened, then cook, stirring often, over hot water thirty minutes or in tightly covered double boiler twenty minutes to remove starch flavor. (If quicker cooking is preferred, use $\frac{2}{3}$ cup flour instead of the cornstarch, and cook three to five minutes.) Beat rapidly while slowly adding the hot mixture to the slightly beaten yolks or whole eggs, and stir over the hot water just until thickened. (If custard curdles remove from heat and beat rapidly.) Add 1 teaspoon vanilla, then the beaten whites may be folded in, or mixed with 3 tablespoons granulated sugar (or 4 tablespoons powdered), and spread on top of the hot pudding and browned in the oven. If the whites are used with the yolks the pudding may be served with cream or over sweetened fruit. (When the whites are beaten and added, the custard becomes fluffy instead of velvety. The custard is more velvety if some of the sugar is mixed with the yolks, so they are stirred well instead of beaten. A larger proportion of yolks than whites also helps to make smoother custard.)

CHOCOLATE CORNSTARCH PUDDING (for 10)

	3 pts. milk
4 tablespoons cornstarch (or	3 egg yolks or 2 whole eggs,
$\frac{3}{4}$ cup flour)	slightly beaten
1 cup sugar	1 tablespoon butter
4 tablespoons cocoa or $1\frac{1}{2}$ squares	1 teaspoon vanilla
bitter chocolate, melted	Pinch salt

Put together like above Cornstarch Custard, and cook the same.

CHOCOLATE PUDDING WITHOUT EGGS (for 4)

Mix 2 round tablespoons cornstarch, 2 tablespoons cocoa, and 4 round tablespoons sugar. Slowly add 1 pt. milk and cook in a double boiler, stirring until thickened; then cover and let steam fifteen to twenty minutes (to remove the starch flavor). Pour into wet molds and cool.

COCOA PUDDING

To 2 tablespoons cornstarch dissolved in 4 tablespoons cold water, add 1 pt. boiling water and stir till thickened; then add $\frac{1}{2}$ cup sugar mixed with 2 round tablespoons cocoa. Cook carefully fifteen minutes and stir in a pinch of cinnamon and $\frac{1}{3}$ teaspoon vanilla. Pour over 2 stiffly beaten egg-whites or $\frac{1}{2}$ pt. whipped cream. Mix and pour into molds. Serve cold with cream or custard sauce.

BAKED OR STEAMED CHOCOLATE PUDDING

4 tablespoons butter	1 cup milk
1 cup sugar	2 cups flour
2 eggs	3 teaspoons baking powder
$\frac{1}{8}$ teaspoon salt	2 squares bitter chocolate, melted
1 teaspoon vanilla	

Cream butter, add sugar and eggs, beat well. Mix flour, baking powder, salt; add alternately with the milk.

Lastly, beat in the melted chocolate and pour into a covered double boiler or a buttered pudding dish. Pudding can be steamed two hours or baked one to three hours in a covered dish with whole meal (see Baked Dinners).

CARAMEL PUDDING (for 8)

Mix 2 cups brown sugar (scant), 2 tablespoons butter, 4 round tablespoons flour, and 1 teaspoon soda. Put mixture in heavy pan (skillet) over the fire, and stir till melted and light brown, then add 1 qt. hot milk and stir till thickened slightly. Add $\frac{1}{2}$ cup chopped walnuts (1 teaspoon vanilla if desired) and cool. Serve with or without cream. Fine.

CARAMEL PUDDING WITHOUT MILK (for 6)

Boil 2 cups light brown sugar and 2 cups water for two minutes. Add 3 tablespoons cornstarch mixed with $\frac{1}{2}$ cup water, and stir till thickened. Add 1 cup nuts, and serve cold with whipped cream.

RASPBERRY OR STRAWBERRY FLUFF

Make cornstarch pudding of 1 qt. milk, 4 round tablespoons sugar, 2 round tablespoons cornstarch, 2 eggs (save out 1 white for top mixture). The regular method of cooking may be used, but for the quick process, mix the sugar, cornstarch, and slightly beaten eggs. Slowly add the scalded milk and cook till thickened, stirring continually. Add 1 teaspoon butter and 1 teaspoon vanilla and cool.

Mix 1 qt. cold, mashed berries with 1 beaten white and 1 scant cup sugar. Pour pudding into dishes and pile the beaten mixture on top. Fine.

SNOW PUDDING WITHOUT MILK

To 1 scant qt. boiling water add 4 tablespoons sugar; 4 tablespoons cornstarch moistened with a little cold water, and cook twenty to thirty minutes in double boiler. Pour the hot mixture over 4 beaten egg whites in a large bowl; add 1 teaspoon vanilla and pour into molds. Serve cold with **Superior Sauce**: Beat 4 yolks, add $\frac{3}{4}$ cup sugar, 1 round tablespoon butter, juice and grated rind of 1 lemon. Beat ten minutes, then add $2\frac{1}{2}$ tablespoons light grape juice or water. Heat in double boiler till blended and hot (not boiling); cool. Fine.

BOILED DATE PUDDING

Let 1 cup brown sugar and 1 cup water come to a boil. Add 1 tablespoon moistened cornstarch and cook till thickened. Remove from fire and add 1 teaspoon vanilla, 1 cup walnuts, 1 cup chopped dates or crumbled macaroons. Serve cold with whipped cream.

DATE-NUT PUDDING

1 lb. English walnuts	2 teaspoons baking powder
(chopped)	9 tablespoons graham cracker
$\frac{1}{2}$ lb. dates	crumbs
3 eggs	$\frac{3}{4}$ cup sugar

Bake in moderate oven forty minutes. Serve with whipped cream. Fine.

WETZEL DATE-CRUMB PUDDING

6 round tablespoons bread or	3 eggs
graham cracker crumbs	$\frac{1}{2}$ lb. dates
1 teaspoon baking powder	$\frac{1}{2}$ lb. English walnuts
$\frac{1}{2}$ lb. confectioner's sugar	

Beat yolks and sugar together. Add bread crumbs and baking powder, then whites beaten stiff, then chopped floured dates and nuts. Bake in a slow oven. Serve with whipped cream. Fine.

EGGLESS DATE PUDDING

1 cup brown sugar	1 teaspoon baking powder
1 cup chopped dates	1 round tablespoon flour
½ cup English walnuts	2 tablespoons water

Put in baking dish placed in pan of hot water and bake for one-half hour. Serve with whipped cream or pudding sauce.

EMERGENCY DATE PUDDING

Mix 2 beaten eggs, ½ cup sugar, 4 tablespoons flour or 1 cup stale bread or graham cracker crumbs, 1 teaspoon baking powder, 1 cup nuts, 1 cup dates. Bake fifteen to twenty minutes in thin sheet in greased tin. Serve with whipped cream. May be sliced and kept a month in tight can. When wanted, sprinkle with lemon juice, steam soft, and serve with cream or hot lemon sauce.

PECAN PUDDING (for 6)

Break 2 eggs and beat well. Stir in ½ cup sugar, 2 tablespoons flour, 1 teaspoon baking powder, pinch of salt. Beat well. To this add 1 cup pecans, 1 cup dates seeded and chopped fine. Bake thirty minutes in moderate oven. Serve with whipped cream.

YUM YUM PUDDING

1 cup cooked cereal (left over)	½ cup raisins or dates
½ cup white Karo or honey	2 eggs
½ cup milk	½ cup nuts if you like

Cook in double boiler till smooth, then turn into buttered baking dish and bake forty minutes. Serve with cream.

CEREAL-DATE MERINGUE PUDDING

2 cups cooked Cream of Wheat	2 cups milk
½ cup chopped dates	1 cup sugar
1 teaspoon vanilla	2 eggs

Mix Cream of Wheat, milk, beaten egg yolks, sugar, chopped dates, and vanilla. Pour into a buttered baking dish and bake half an hour. Cover with a meringue made of 2 stiffly beaten egg whites and 2 tablespoons sugar. Return to the oven and brown.

CHERRY FRUIT PUFFS (for 6)

1 cup flour	} sift together into a bowl	
2 teaspoons baking powder		
2 tablespoons sugar		
$\frac{1}{4}$ teaspoon salt		
$\frac{1}{3}$ cup milk		
1 egg well beaten		Add the milk, egg, and butter
1 tablespoon melted butter		and mix well. Brush 6 cups
		with butter.

Put 1 teaspoon batter in each cup then sweetened cherries or any fruit, then batter. Put cups over boiling water, cover and steam thirty minutes. Serve with syrup made of the fruit juices thickened with cornstarch.

STRAWBERRY SNOW PUFFS

$\frac{1}{3}$ cup butter	} cream gradually	Add $\frac{1}{2}$ cup milk and fold in 2 to 4 beaten egg whites
$\frac{1}{2}$ cup sugar		
1 cup flour	} sift	
$\frac{1}{2}$ cup cornstarch		
$1\frac{1}{2}$ teaspoons baking powder		

Steam thirty minutes in 6 buttered cups. Turn out gently and roll in powdered sugar. Serve hot with sauce.

Strawberry Sauce

{ $\frac{1}{3}$ cup butter creamed with $1\frac{1}{2}$ cups powdered sugar 1 egg-yolk or beaten white	1 cup crushed berries (any kind) added just before serving
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RHUBARB PUFFS (for 8)

Berries or apples may be used instead of rhubarb.

Use the recipe for Snow Puffs (above) to make the batter.

3 cups rhubarb cut fine	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon ground cinnamon	

Mix the sugar and cinnamon together. Then mix with the rhubarb. Divide in 8 cups; cover with the batter; set the cups in a covered steamer and steam over a kettle of hot water for twenty minutes. You can bake both these puffs in hot oven (375° F.) about twenty minutes. But they are lighter and daintier when steamed. Serve hot with the following sauce:

Cinnamon Sauce

1 cup sugar	$\frac{1}{4}$ teaspoon salt
2 tablespoons flour	$\frac{1}{2}$ teaspoon cinnamon

Mix together thoroughly. Add 1 tablespoon butter, $1\frac{1}{2}$ cups boiling water. Stir all together and bring to a boil over the fire.

RAISIN PUFFS (for 8)

2 eggs (beaten)	2 tablespoons sugar
1 tablespoon melted butter	1 cup cold water
1 cup chopped seedless raisins	2 cups flour
3 teaspoons baking powder	Mix in order given

Steam thirty minutes. Serve with lemon or raisin sauce, or sweetened cream.

CALIFORNIA SPICE PUFFS

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon each ginger, cin-
$\frac{1}{2}$ cup sugar	namon, nutmeg
1 cup milk	$1\frac{1}{2}$ cups flour
2 eggs	2 round teaspoons baking powder

Fill greased cups two-thirds full. Steam thirty minutes. Serve at once with whipped cream.

TAPIOCA CREAM PUDDING

$\frac{1}{2}$ cup pearl tapioca or 3 table-	$\frac{1}{4}$ teaspoon salt
spoons minute tapioca	2 eggs
1 qt. milk	1 teaspoon vanilla or
1 teaspoon melted butter	lemon extract
$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar	1 cup nuts may be added

Soak tapioca in cold water over night or one hour; drain; add milk and butter, and cook in *double boiler* until tapioca is transparent. Add sugar and salt to beaten eggs, and combine by pouring hot mixture slowly on eggs. Return to double boiler and cook until thick. Add flavoring and serve hot or cold with cream. A whole cup of tapioca may be used and it may be soaked in the milk instead of water if kept cold.

TAPIOCA PUDDING WITH VARIATIONS

Soak over night $\frac{1}{2}$ cup pearl tapioca (or use minute tapioca) in 3 cups water containing a pinch of salt and cinnamon. Then add 1 cup brown sugar, 3 tablespoons butter, 1 teaspoon vanilla and bake in slow oven two or three hours. Serve with cream. Instead of baking, a double boiler may be used, and 1 cup nuts and 1 cup dates or figs added. Whipped cream may be folded in when it is cool, and it may be poured over orange sections arranged in sherbet cups.

APPLE TAPIOCA (Rhubarb, Cherries, Prunes, or Any Fruit)

One-half cup pearl (or $\frac{1}{3}$ cup minute) tapioca soaked in 1 cup water, mixed with $\frac{1}{4}$ teaspoon salt and 1 cup sugar (brown or white). When well soaked add 1 cup boiling water and boil till clear in a double boiler, as it scorches easily. Add 1 qt. sliced or quartered apples, $\frac{1}{4}$ teaspoon cinnamon, and a dash of nutmeg. Pour into buttered dish and bake in slow oven till apples are soft and tapioca is clear and light brown, about one hour. Serve hot or cold with cream.

BIRD'S NEST PUDDING

1 cup sugar	1 beaten egg
$\frac{1}{2}$ cup butter	1 teaspoon baking powder
$\frac{2}{3}$ cup milk	Flour for stiff batter

Put a 2 inch layer of sliced apples, peaches, or any fruit in bottom of a buttered baking dish (or individuals), sprinkle thickly with sugar and pour the batter on top. Bake in moderate oven about forty-five minutes (till a toothpick comes out clean and the fruit is soft). Serve slices warm or cold with cream.

APPLE OR APRICOT SNOW

Beat 1 cup cooked apricots or grated raw apple or applesauce with a Dover beater. Add sugar to taste and 1 beaten egg-white (or 1 cup whipped cream). Pile into sherbet cups; chill and serve with cream or thin custard. Instead of egg or cream, whipped gelatin may be used. Cinnamon drops may be used to color the apples.

BROWN BETTY PUDDING

2 cups minced apple (or cooked apricots or any other fruit)	2 cups bread crumbs
1 cup sugar	3 eggs beaten light
	1 teaspoon cinnamon
	$\frac{1}{2}$ cup water

Stir together and bake in slow oven about one hour. If liked, add banana with apples. Serve with hard sauce and cream.

(4) ROYAL APPLE OR RHUBARB DUMPLINGS

1 cup flour	4 apples or $1\frac{1}{2}$ cup sliced rhubarb
2 teaspoons baking powder	4 tablespoons sugar (more if needed)
$\frac{1}{2}$ teaspoon salt	2 teaspoons butter
3 tablespoons shortening	1 teaspoon cinnamon
$\frac{1}{2}$ cup milk	

Sift together flour, baking powder, and salt; rub shortening in lightly; add just enough milk to make a dough. Roll out $\frac{1}{8}$ inch

thick on floured board; divide into four parts; lay on each part an apple (pared, cored, and sliced), put 1 teaspoon sugar with $\frac{1}{4}$ teaspoon butter and $\frac{1}{8}$ teaspoon cinnamon on each; wet edges of dough with cold water and fold around apple, pressing tightly together. Place in greased pan, sprinkle with little cinnamon, remainder of sugar, and put $\frac{1}{4}$ teaspoon butter on each dumpling. Bake about forty minutes in moderate oven, starting at 450° F. for ten minutes, then reducing to 350° F. for thirty minutes. Serve with cream or apple dumpling sauce or both. Peaches, rhubarb, or cherries may be used instead of apples. Before or just after dumplings start to brown a sauce made of $1\frac{1}{2}$ cups hot water, $\frac{1}{2}$ cup sugar, and large lump of butter may be poured into the pan with them.

DULING APPLE DUMPLINGS (Apple Roll)

Into 2 cups flour, 2 teaspoons baking powder, and 1 teaspoon salt sifted together, rub 1 round tablespoon butter and 1 round tablespoon lard. Add $\frac{7}{8}$ cup milk. On lightly floured board, roll dough $\frac{1}{2}$ inch thick; brush with melted butter, sprinkle with 2 tablespoons brown sugar and 1 teaspoon cinnamon; cover with 3 large, tart apples, chopped or sliced, and roll like a jelly roll. Cut into 6 slices, place them on end in buttered pan and, after adding the following sauce, bake in brisk oven about thirty minutes. Serve hot with cream. Any other fruit may be used.

Sauce: Mix $\frac{3}{4}$ cup sugar, 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt; add 1 tablespoon butter, juice of $\frac{1}{2}$ lemon, and 1 cup hot water. Boil three minutes and pour over dumplings before baking.

HOT APPLE (OR PEACH) PUDDING

2 tablespoons butter (round)	2 teaspoons baking powder
$2\frac{3}{4}$ cups flour	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 beaten egg

Mix and spread dough $\frac{1}{2}$ inch thick in greased pan. Cover with apples cut in eighths. Sprinkle with sugar. Bake twenty minutes and serve with sauce or cream. (Use apple dumpling sauce recipe above.)

CRISP APPLE SCALLOP

Pare, core, and slice 6 apples. Place in a greased casserole and cover with a mixture of $\frac{1}{2}$ cup water, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, 1 teaspoon lemon juice. Work together with fingertips until crumb-like in consistency: 1 cup sugar, $\frac{3}{4}$ cup flour, $\frac{1}{2}$ cup butter. Spread over apples and bake uncovered in moderate oven for thirty minutes. Serve with whipped cream.

QUICK APPLE PUDDING

Six good-sized, tart apples, pared and quartered. Mix 1 cup sugar (brown or white), 2 tablespoons butter, $\frac{1}{2}$ cup flour. If apples are mild, use less sugar and add 1 tablespoon lemon juice. Stir through apples and bake in moderate oven until tender, about forty-five minutes.

Fruit furnishes all needed moisture. One-quarter cup cream may be added if liked. Serve hot or cold with cream.

PHILADELPHIA APPLE OR PEACH CUSTARD PUDDING

Sift with 2 cups flour, 1 teaspoon soda, and $\frac{1}{2}$ teaspoon salt. Add $\frac{1}{2}$ cup graham flour and $\frac{1}{2}$ cup sugar, and chop in $\frac{1}{2}$ cup shortening. Stir in enough sour milk to make a stiff dough. Roll rather thin and line a deep pie pan. Pare, core, and quarter tart apples and press thickly into the dough, standing on end toward outside. Sprinkle with sugar and cinnamon, and bake until nearly done. Then pour on a custard mixture of 1 cup milk, 1 tablespoon sugar and 1 beaten egg. Bake till the custard is absorbed and top brown. Serve cold.

BLACKSTONE CINNAMON APPLES

Mix 1 cup sugar, $\frac{1}{2}$ lb. red cinnamon drops and 1 cup water. Add 6 peeled and cored apples. Simmer till tender in oven or over low heat, basting occasionally with the syrup. Cool and serve with whipped cream and chopped nuts.

ROYAL APPLES

Core, pare, and quarter apples. Simmer till tender in sweetened cranberry juice. Drain and top with quince jelly, cocoanut, or cinnamon; chill and add whipped cream, or an egg meringue lightly browned.

APPLE CRUMB PUDDING

Peel and core tart apples, and place in a greased baking dish. Fill centers with chopped raisins, nuts, and dates; or with raisins, cinnamon, and brown sugar. Pour 2 cups scalded sweet milk over 1 cup bread crumbs, and let stand about thirty minutes; then add the well-beaten yolks of 2 eggs, 1 cup brown sugar, and a grating of nutmeg. Whip the whites stiff and fold in. Pour over apples, and bake in moderate oven about forty-five minutes. Serve with a lemon or orange sauce.

STUFFED BAKED APPLES

Core apples and peel if preferred. Set them in greased pans. Add a little water.

1. Stuff each apple with 4 raisins, 2 dates, 1 teaspoon butter, 2 teaspoons sugar.

2. Or, use 2 teaspoons brown sugar, pinch of cinnamon, and few grains salt.

3. Or, fill with chopped pecans and maple sugar.

4. Or, put lump of butter in each, and pour over all a mixture of $\frac{2}{3}$ cup sugar and $\frac{1}{2}$ cup hot water. Shredded cocoanut may be added.

5. The centers may also be filled with seasoned cooked rice or leftover pudding and topped with 1 teaspoon butter, 1 teaspoon sugar and a bit of cinnamon.

6. Or, fill centers with chopped canned peaches, baste often with peach juice, and just before removing from the oven press a marshmallow into each center and brown.

BAKED PEELED APPLES

Core and quarter the peeled apples; place in shallow greased pan and dot with butter. Add sugar, cinnamon, and enough cream or water to half cover apples. Bake slowly till soft—about thirty minutes. Serve hot or cold with cream.

JELL-O AND BAKED APPLES

Bake 6 medium-sized or small apples that have had cores removed. Fill with brown sugar and chopped nuts. When cold arrange the apples in a pan and cover them with lemon Jell-O (one package dissolved in a pint of boiling water). After the Jell-O has set, cut into squares, using a knife dipped in hot water, and serve with whipped cream. Or place each apple in a cup and pour the Jell-O over. Cinnamon apples (above) may be used.

CRÈME DE MENTHE APPLES

2 cups sugar

$1\frac{1}{2}$ cups water

Green fruit coloring

12 small apples, peeled and cored

1 sprig of garden mint, or

cream de menthe extract

to taste

Boil together the sugar, water, coloring, and extract. When boiling well, add the apples, and cook very slowly until apples are done and a bright green color. Let apples cool, and serve on lettuce with salad dressing. Especially attractive for St. Patrick's Day.

BAKED APPLES WITH BACON

Peel, core, and cut apples in eighths. Lay them in a shallow, greased pan, sprinkle with sugar, add water to partially cover bottom of pan. Cover apples with slices of bacon, and bake in moderate oven about thirty minutes.

PRUNE WHIP

1 lb. cooked prunes, seeded and chopped	1 cup sugar $\frac{1}{2}$ to 1 cup chopped walnuts
Whites of 4 eggs beaten light	

Bake in buttered dish till brown. Serve with whipped cream.

NORWEGIAN PRUNE PUDDING

Soak $\frac{1}{2}$ lb. prunes one hour or over night in 1 pt. water. Do not drain. Simmer till soft. Drain (saving the juice and adding enough water to make 3 cups liquid). Seed prunes with fingers. To the liquid add 4 tablespoons cornstarch moistened in a little water. Add about 2 inches of stick-cinnamon and $\frac{1}{2}$ cup sugar. If preferred, a pinch of ground cinnamon may be used.

Cook five minutes, then add prunes and simmer carefully about five minutes more. Remove the stick of cinnamon and pour out to cool. Serve with cream.

PRUNE SOUFFLÉ

One-third lb. prunes. Cook, seed, and rub through strainer. Add $\frac{1}{2}$ cup sugar. Cook thick and cool, then add 1 scant teaspoon lemon juice and 3 egg whites well beaten. Pile lightly in buttered baking dish and bake in slow oven thirty minutes.

PRUNE BETTY

Two cups cooked, pitted chopped prunes; 1 cup toasted fine bread crumbs; $\frac{1}{2}$ cup hot prune juice; $\frac{1}{3}$ cup orange marmalade or juice and grated rind of orange; 1 tablespoon butter. Butter baking dish. Cover bottom and sides with bread crumbs. Add layer of prunes, layer of marmalade, and layer of crumbs. Continue until all are used, having last layer crumbs. Break butter into bits; sprinkle over top. Pour hot prune juice over all; bake in medium hot oven about fifteen minutes.

APRICOT TAPIOCA PUDDING

$\frac{1}{2}$ lb. apricots cooked and mashed	1 pt. water
$\frac{1}{3}$ cup sugar	$\frac{1}{3}$ cup quick tapioca

Cook carefully till tapioca is clear. Serve with cream.

APRICOT OR PEACH FLUFF

Canned apricots (or peaches)	$\frac{1}{4}$ cup sugar
1 cup apricot syrup	$1\frac{1}{2}$ tablespoons gelatin
Juice of 1 orange	$\frac{1}{4}$ cup cold water
Juice of $\frac{1}{2}$ lemon	2 egg whites

Soften gelatin in cold water. Heat the syrup from a can of apricots; add orange, lemon, sugar, and gelatin; stir until dissolved; cool. Cut rounds of sponge cake, place on each an apricot half, and pour over the top, a little of apricot syrup. When the remainder of the syrup begins to thicken, fold in the stiffly beaten whites of eggs, pile lightly around the apricot on the cake, and set on the ice to stiffen. Serve very cold.

APRICOT CUSTARD

Drain the syrup from a can of apricots and place them in a buttered baking dish. Add to the syrup enough milk to make 2 cups. Scald the liquid in a double boiler and when hot add the yolks of 3 eggs, beaten with $\frac{1}{4}$ cup sugar. Stir until thickened and pour it over the apricots. Beat the whites very stiff and beat in gradually $\frac{1}{3}$ cup powdered sugar. Spread this over the custard and brown delicately in a moderate oven.

WHITE HOUSE FRUIT PUDDING

1 pt. milk, scalded	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup cold water
$1\frac{1}{2}$ tablespoons gelatin	1 cup canned fruit—peaches,
6 lady fingers or 6 pieces cake	apricots, pineapple, or a
$\frac{1}{2}$ cup confectioner's sugar	mixture
3 eggs	$\frac{1}{2}$ teaspoon vanilla

Beat the egg yolks and sugar together until mixed, add salt and milk, and cook over hot water until the custard coats the spoon when it is withdrawn. Add gelatin (soaked five minutes in cold water) and stir until it is dissolved. In the dish from which pudding is served, place fruit and cake in layers; pour over this the custard, and place in ice box until the custard is firm and cold. Beat the whites of the eggs until stiff and dry, add sugar gradually, beating until the mixture will hold its shape; add vanilla. In a pan of gently boiling water drop the meringue just made, using a rounded tablespoon of the egg for each puff. Poach until firm, skim from the water and place on top of the pudding. A candied violet or cherry may be placed on each meringue.

GOLD NUGGETS FROM CANNED PEACHES

4 cups milk	1 teaspoon vanilla extract
$\frac{1}{4}$ cup cornstarch	1 pt. jar of canned yellow peaches
$\frac{3}{4}$ cup sugar	1 teaspoon melted shortening
$\frac{1}{4}$ teaspoon salt	

Put milk in double boiler; when boiling, add cornstarch, which has been mixed with a little cold milk. Boil for twenty minutes; add sugar, salt, and flavoring. Brush 6 custard cups with melted shortening and half fill them. Put two halves of peaches, which have been drained, in the center of the cornstarch. Cover quickly with cornstarch, and set in a cold place until ready for use. Carefully loosen from the sides, and turn out on individual dishes; pour the peach syrup over and around the nuggets. (Cherry or strawberry syrup is excellent.)

PEACH DAINTY

Six peaches (peeled and halved, and rolled in powdered sugar), $\frac{1}{2}$ cup whipped cream, 1 dozen walnut halves chopped, 1 dozen maraschino cherries. Fill peach halves with cream, sprinkle with nuts and cherry.

PEACH CROUSTADES

Cut small rounds from thin sheets of sponge cake, and sauté them in clarified butter until they become a delicate brown. Or moisten slightly with a few drops of peach or berry juice and brown lightly in the oven. Drain halves of large, perfect peaches (cooked until tender in a syrup of sugar and water); sprinkle the rounded sides thickly with grated cocoanut, and place one on each piece of cake. Serve cold with cream or garnish with whipped cream and berries. Or, just before serving, place the peach halves in the oven with a marshmallow in the center, or top with meringue and brown quickly.

RASPBERRY CROUSTADES

Stamp rounds from thin slices of pound or cup cake, and fry in butter until delicately browned. While these are cooling, whip together until very thick 1 cup powdered sugar, the white of an egg, 1 teaspoon lemon juice, and a heaping cup fresh raspberries. Pile this mixture lightly on the rounds of cake, decorate with whole berries, and chill the dish before serving.

RASPBERRY WHIP

Mix raspberries with sweetened whipped cream. Heap lightly on sponge drops or pieces of sponge cake that have been covered with fruit juice or cornstarch pudding or ice cream.

BERRY PUDDING

1 pt. pastry flour
 $\frac{1}{4}$ teaspoon salt

6 tablespoons sugar
 2 teaspoons baking powder

Sift together and work in 3 tablespoons butter. Then add 1 pt. of any berries (fresh, or drained canned berries). Break into a cup 1 egg, beat until light, and fill the cup with water and stir into the berry mixture, making a smooth batter. Bake on well buttered tins and serve with powdered sugar or sugar and cream. Berries may be sweetened.

STEAMED UXBRIDGE HUCKLEBERRY PUDDING

(Other fruit may be used)

Sift 1 qt. flour with 2 teaspoons cream of tartar and $\frac{1}{2}$ teaspoon salt. Dissolve 1 teaspoon soda in $\frac{1}{3}$ cup rich sweet milk, and add to flour mixture. Add $1\frac{1}{2}$ cups berries and enough more milk (about 1 cup) to make a soft, but not sticky biscuit dough. Steam in cups or cans two and a half hours. Serve with cream or any pudding sauce. Leftover pudding is good sliced, browned in butter, and served with lemon sauce.

HASTY PUDDING (Raisins, Cherries, or Peaches)

Mix 1 cup brown sugar, $\frac{1}{2}$ cup raisins or 1 cup other fruit, 1 tablespoon butter, and 3 cups water. Boil together in shallow baking pan ten minutes.

Make a stiff batter of $\frac{1}{2}$ cup granulated sugar, 1 tablespoon butter, $\frac{1}{2}$ cup milk, 2 teaspoons baking powder, and 1 cup flour. Drop by spoonfuls into the boiling fruit mixture. Bake twenty minutes in moderate oven. Serves six.

MOTHER'S CHERRY PUDDING

1 egg
 1 cup sugar
 $\frac{1}{2}$ cup milk
 1 cup flour

2 teaspoons baking powder in
 $\frac{1}{2}$ cup flour (extra)
 1 pt. canned cherries
 (drained)

Cream egg and sugar together. Add milk, flour, and baking powder. Heat cherries (adding $\frac{3}{4}$ cup sugar if fresh or very sour) in buttered pan, then pour batter over them and bake at 350° F. twenty minutes. Serve with cream or a cherry sauce, made by thickening and sweetening the drained juice diluted with water to suit taste.

CHERRY CUSTARD

Mix 2 cups milk, $\frac{1}{2}$ cup sugar, 1 teaspoon vanilla, and 3 slightly beaten eggs, adding a pinch of salt. With this fill buttered custard cups half full, filling with canned cherries. Place the cups in a pan of hot water and bake till custards are firm in the center. Serve with the cherry juice.

CHERRY ROLY-POLY

1 pt. pie cherries	1 teaspoon salt
1 cup sugar	2 teaspoons shortening
1 cup flour	2 teaspoons baking powder

Sift the flour, baking powder, and salt into a bowl; add the shortening, and rub in very lightly. Add just enough cold milk to hold together. Roll out on a floured board a quarter of an inch thick; cover with the cherries, which have been pitted and sprinkled with sugar, and roll the same as jelly roll. Put into a baking dish that has been brushed with butter; brush the top with milk; cover, and bake for twenty-five minutes. Uncover, and bake for ten minutes, or until nice and brown. Sprinkle, and roll with 1 tablespoon of sugar and 1 teaspoon of butter. Stewed **raisins** may be used instead of cherries.

MARSHMALLOW PUDDING

Soak 1 tablespoon gelatin in $\frac{1}{2}$ cup cold water, then add $\frac{1}{2}$ cup boiling water, stir and let cool to lukewarm. Fold very slowly into 4 stiffly beaten egg whites. Stir in 1 cup sugar, then divide the mixture into 3 parts. To 1 part add $\frac{1}{2}$ cup (or more) chopped nuts. The other parts may be left white, or one may be colored pink, or have candied pineapple or maraschino cherries added. Pour into a bread tin lined with waxed paper, keeping the three parts in layers with the nut layer in the center. When chilled and set, slice and serve with rich cream or a soft custard.

COTTAGE PUDDING

1 cup sugar	2 teaspoons cream of tartar in
$\frac{1}{2}$ cup butter	3 cups flour
1 beaten egg	$\frac{1}{2}$ teaspoon lemon extract or
1 cup sweet milk	vanilla
1 teaspoon soda (in the milk)	

Mix in order given. Pour into greased bread tin or small shallow pan. Sprinkle with sugar and bake in moderate oven. Cut in squares and serve with Chocolate Sauce or following Lemon or Strawberry Sauce:

Lemon Sauce

2 cups hot water

1 cup sugar

1 tablespoon butter

2 tablespoons cornstarch or 3

2 tablespoons lemon juice

round tablespoons flour

Mix sugar and cornstarch; add hot water, lemon and butter. Cook till clear.

Strawberry Sauce

To 1 pt. of cooked strawberries add 1 cup granulated sugar and 2 egg whites beaten stiff. Let come to a boil, and serve hot.

MAPLE COTTAGE PUDDING

1 cup maple syrup

 $\frac{1}{2}$ cup milk

1 teaspoon butter (round)

1 cup flour

3 tablespoons sugar

2 teaspoons baking powder

1 egg

 $\frac{1}{4}$ teaspoon salt

Nuts

Bring syrup to boiling point and pour into a baking dish. Cream the butter, add sugar, egg well beaten, milk, and flour mixed and sifted with baking powder and salt. Pour batter into the syrup. Bake in a moderately hot oven until well browned. Turn upside down on a serving plate and sprinkle liberally with finely chopped nuts. Serve with plain or marshmallow cream.

STEAMED MAPLE CUSTARD

6 whole eggs

 $\frac{1}{4}$ teaspoon salt

1 cup heavy maple syrup

3 cups milk

Beat eggs just until yolks and whites are smoothly mixed. Add syrup, salt, and milk, and stir until well dissolved. Strain into individual cups, set in a steamer or on rack with 1 cup of water in bottom of Waterless Cooker, cover and steam, valve **closed**, thirty minutes.

MAPLE CREAM $\frac{1}{2}$ envelope (1 round table-
spoon) gelatin $\frac{1}{2}$ pt. whipping cream $\frac{1}{2}$ cup maple syrup $\frac{3}{4}$ cup milk

1 egg

Soak gelatin in $\frac{1}{4}$ cup of the milk ten minutes. Put rest of milk in double boiler and, when hot, pour it into the beaten egg yolk and add $\frac{1}{4}$ cup of the syrup. Put back into boiler and cook till thick. Add gelatin, rest of syrup, and strain, then add beaten white and whipped cream. Chill.

MAPLE PUDDING

Stir $1\frac{1}{2}$ cups brown sugar into 2 cups boiling water, add $\frac{1}{3}$ cup cornstarch mixed with $\frac{1}{4}$ cup cold water and $\frac{1}{8}$ teaspoon salt. Cook till thick, then flavor with 1 teaspoon vanilla and cool a little, then add 2 or 3 egg whites, beaten stiff, and $\frac{1}{2}$ cup nuts. Chill and serve with Custard Sauce:

Custard Sauce

One pt. hot milk poured over 3 egg yolks beaten slightly and mixed with $\frac{1}{2}$ cup sugar. Stir and cook a bit, but do not boil, or it curdles.

SPANISH CREAM

$2\frac{1}{2}$ tablespoons or 1 envelope	3 eggs
gelatin	$\frac{1}{2}$ cup sugar (scant)
3 cups milk	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	

Soak the gelatin in the milk ten minutes. Place over hot water, and when gelatin is dissolved add sugar. Pour slowly on the yolks of the eggs slightly beaten, return to double boiler, and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff. Turn into one large or individual molds, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top). The mold may have a layer of fruit or currant jelly in the bottom.

If desired, serve with whipped cream, or sliced oranges or other fruit. A cup of orange juice may be substituted for 1 cup milk, adding it after removing custard from the stove.

WINDSOR RICE-APPLE PUDDING

Boil 1 ounce (2 tablespoons) rice in a pint of milk until tender, then drain it. Pare, core, and stew 6 large tart apples until tender, put through a fine sieve, add 1 ounce of sugar, 1 teaspoon of grated lemon rind, and 1 teaspoon of lemon juice. Stir in the rice, beat the whites of 4 eggs to a stiff froth and fold in. Turn all into a buttered baking dish, and steam for forty minutes. Serve with a custard sauce made with the 4 egg yolks, the milk strained from the rice, sugar, seasoning, and 1 cup cream. This pudding will serve 5 people.

PLAIN RICE PUDDING

One-half cup rice cooked in 4 cups milk; or cook in water, then drain and cover with milk. Add pinch of cinnamon or nutmeg if liked; $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup sugar (to about 3 cups cooked rice),

1 or 2 beaten eggs (whites may be saved and beaten with 2 table-spoons sugar for meringue). Add $\frac{1}{2}$ to 1 cup raisins or dates dredged in flour. (More eggs and extra rich milk if desired.)

Bake in slow oven in pan of hot water till set (about one hour). If desired, cover with jelly and meringue and put back in oven to brown. Serve hot or cold with cream.

RICE CREAM PUDDING

To 1 qt. milk add $\frac{1}{3}$ cup washed uncooked rice, $\frac{1}{3}$ cup sugar, and $\frac{1}{2}$ teaspoon salt. Bake in slow oven two or three hours, stirring occasionally till thickened like heavy cream. May be set in pan of hot water. If liked thicker use $\frac{1}{2}$ cup each of rice and sugar. Sprinkle with cinnamon and nutmeg if liked.

RICE DELIGHT

2 cups cooked rice	1 cup fruit (pineapple, etc.)
1 cup cream whipped	1 cup brown sugar
$\frac{1}{4}$ cup water	

Fold the rice when cold into the whipped cream. Make syrup of the sugar and water boiled five minutes; cool and pour over dishes of rice. One cup diced marshmallows may be stirred in.

RICE-FRUIT DESSERT

Fill border mold with cooked sweetened rice. Let set about thirty minutes or longer, then turn into buttered baking dish. Fill center with sliced peaches, crushed pineapple or other fruit. Cover with sugar and a meringue made of 1 to 3 beaten egg whites, $\frac{1}{4}$ to $\frac{1}{2}$ cup powdered sugar, few grains salt, and $\frac{1}{4}$ teaspoon vanilla. Brown in slow oven (300° F.) fifteen minutes.

RICE BAVARIAN

1 tablespoon gelatin	$\frac{1}{4}$ teaspoon salt
3 tablespoons water	1 teaspoon vanilla
1 cup hot cooked rice	$\frac{2}{3}$ cup whipping cream
2 tablespoons sugar	1 cup fruit

Soak gelatin in 3 tablespoons water until water is absorbed, add to hot rice, with sugar, salt, and vanilla, and beat well. Before molding, 1 cup cherries, bananas, peaches, or pineapple, or $\frac{1}{2}$ cup each of chopped dates and figs or mixed fruit, maraschino cherries and nuts may be added. Set aside until it begins to stiffen, and fold in the cream beaten stiff. The whites of 2 eggs may be used instead of cream, if desired. Turn into a mold, or pile lightly in a glass dish or in individual glasses. Serve with cream, lemon sauce, a fruit sauce, or marmalade.

PARADISE RICE PUDDING

1 cup rice in 1 qt. water	1 cup seedless raisins
1 teaspoon salt	1 cup coarsely chopped nuts
4 tablespoons sugar	1 doz. apricots
2 tablespoons butter	1 cup apricot syrup
Nutmeg and cinnamon	1 doz. marshmallows

Cook rice with salt. Add sugar when water is absorbed, and let cool slightly. Butter a casserole, and put one-half of the rice in the bottom, dotting with one-half of the butter, and sprinkling with nutmeg and cinnamon. Soak raisins in warm water a few minutes. Mix raisins, nuts, and apricots cut small, and put layer on top of rice. Cover with remainder of rice, pour apricot syrup over, and arrange marshmallows over the top. When marshmallows have blended into each other and browned, take from oven.

PLAIN OR CHOCOLATE BREAD PUDDING

2 cups coarse bread crumbs or 4 cups diced dry bread	
4 cups scalded milk	2 or 3 eggs
2 squares chocolate	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{2}$ cup sugar ($\frac{2}{3}$ cup if chocolate is added)	Pinch of salt and nutmeg or cinnamon

Soak bread in milk thirty minutes. (Melt chocolate in pan over hot water.) Mix and add a pinch of salt, the vanilla and eggs slightly beaten. Bake in buttered pudding dish in moderate oven for one hour. Serve with Foamy Sauce, or Hard Sauce.

Foamy Sauce

1 egg	1 cup milk
1 cup sugar	1 teaspoon butter
1 teaspoon vanilla	

Beat sugar and egg to a cream, add hot milk gradually stirring constantly. Cook in double boiler; do not let water boil rapidly in lower part; stir to prevent lumping.

FIVE BREAD PUDDINGS

1. Omit chocolate from above recipe, and add 1 cup **raisins**. Use any sauce.

2. Add 1 cup **cocoanut** instead of chocolate or raisins. Serve with chocolate sauce.

3. Save out whites of the eggs (omit chocolate and cocoanut) and beat them with 2 tablespoons sugar and 2 tablespoons **lemon juice**. (Use grated rind in the pudding.) Put meringue on the baked pudding and brown, or spread it on before baking.

4. Omit chocolate from above recipe, and add $\frac{1}{2}$ cup **marmalade** or $\frac{1}{2}$ cup sugar, caramelized, to give **caramel** flavor.

5. Use the above recipe (omitting chocolate). Save the egg whites. Cover the baked pudding with cooked, seeded **prunes**. Cover prunes with meringue made of the whites, and brown in oven. Serve with cream or boiled custard sauce.

PINEAPPLE BREAD PUDDING (for 8)

1 No. 2 can sliced pineapple	$\frac{1}{2}$ cup cocoanut
2 cups milk	Grated rind 2 lemons
2 eggs	2 tablespoons lemon juice
$\frac{1}{2}$ cup sugar	2 cups bread crumbs—large pieces

Soak dried bread in the pineapple juice. Reserve two slices of the pineapple for decoration and cut the rest into small cubes and mix with the bread crumbs. Beat yolks of two eggs enough to mix, add the sugar and milk. Blend with the bread and pineapple and add lemon rind and cocoanut. Place in buttered baking dish and put in hot oven in pan of hot water. Bake at 350° F. for thirty-five to forty-five minutes. Remove from oven and put lemon juice over top of pudding, then cover with meringue. Beat the egg whites with 3 tablespoons sugar, arrange on pudding. Cut one pineapple slice into pie-shaped wedges and arrange around the large slice in center of meringue. Press down into meringue. Place in moderate oven (325° F.) at least fifteen minutes.

GRAHAM CRACKER PUDDING (for 12 to 14)

1 lb. graham crackers (save 8 to use separately)	1 lb. marshmallows
1 pt. whipping cream	1 lb. dates
	1 lb. walnuts

Roll the crackers fine, cut the marshmallows into pieces (with shears dipped in powdered sugar); cut the dates and nuts into pieces (not fine), then mix all together with the whipped cream and mold into a roll, covering it with the 8 extra crackers, rolled fine.

Leave over night in cold place, and serve in slices with extra whipped cream. Rich, but delicious.

BANANA PUDDING

1 cup flour	$\frac{1}{4}$ cup milk
2 teaspoons baking powder	1 egg
$\frac{1}{2}$ teaspoon salt	2 teaspoons melted butter
$\frac{1}{4}$ cup sugar	1 cup mashed bananas

Sift the flour, baking powder, salt and sugar into a bowl; add the milk, the well beaten egg, and the bananas (which have been put through a fruit press or mashed with a fork); mix all together. Brush a round earthenware dish with melted butter; pour in the mixture, and bake for thirty minutes in a moderate oven; serve warm with milk and sugar or fruit sauce.

BAKED BANANAS

6 bananas $\frac{3}{4}$ cup water 3 teaspoons sugar

Pare, scrape, and cut bananas in halves lengthwise. Place in buttered baking dish. Sprinkle with the sugar and pour the water over the bananas. Bake in a moderate oven until the bananas are translucent.

TENNESSEE SWEET POTATO PUDDING

3 cups milk	$\frac{1}{2}$ teaspoon salt
6 eggs beaten	A little butter, cinnamon,
$1\frac{1}{2}$ lbs. mashed, cooked sweet	nutmeg, and mace
potatoes or yams	Sugar if needed

Bake in buttered pan. No sugar is needed if potatoes are quite sweet.

CARROT CUSTARD

One-half lb. grated carrot, and 1 lb. bread crumbs. Beat 6 eggs well, add half a nutmeg and mix well together; then put in a pint of cream, and $\frac{1}{4}$ cup sugar. Resembles cocoanut pudding. Bake like custard.

INDIAN PUDDING

One pt. milk—heat and add butter, size of egg; $\frac{1}{2}$ cup corn meal mixed with $\frac{1}{2}$ cup cold milk. Beat 3 eggs with $\frac{1}{2}$ cup sugar, and add $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ teaspoon nutmeg, 1 teaspoon lemon or vanilla. Mix and bake quickly in buttered dish. Good with lemon sauce. Served hot or cold. Powdered sugar makes a finer grained pudding.

GRAHAM OR BELLEVUE PUDDING

$\frac{1}{4}$ cup butter	1 teaspoon salt
$\frac{1}{2}$ cup sugar	2 cups graham flour or very
$\frac{3}{4}$ cup sweet milk	fine cracker crumbs
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon soda
1 or 2 eggs	2 teaspoons baking powder
1 teaspoon cloves	1 teaspoon cinnamon
	1 cup raisins

Melt butter, add molasses, sugar, milk, and eggs well beaten. Mix and sift dry ingredients. Add to first mixture. Then add raisins, turn into a buttered pudding dish. Cook covered two hours in moderate oven, or four hours at 275° F. with a baked dinner. Serve with Creamy Hard Sauce.

(STEAMED) ST. JAMES MOLASSES PUDDING (for 12)

1 cup molasses or light brown sugar	1 teaspoon soda
$\frac{1}{4}$ cup butter	1 teaspoon cloves (ground)
1 cup sweet milk	$1\frac{1}{2}$ cups flour
	Pinch salt

Mix butter and molasses, then add milk; sift spice, salt, soda, and flour together then add. Steam two hours.

Good if reheated in steamer. May be served with Hard Sauce or Hot Lemon Sauce.

BREAD CRUMB MOLASSES PUDDING

2 cups dry bread crumbs	1 pinch ground mace or grated yellow rind of 1 lemon
$\frac{1}{2}$ cup chopped suet	1 egg
1 teaspoon ground cinnamon	1 cup milk
1 cup seedless raisins or chopped, cooked prunes	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ teaspoon ground cloves	1 cup molasses (or brown sugar with $\frac{1}{2}$ cup water)
1 pinch salt	

Mix all the dry ingredients together with the suet. Add the egg, well beaten. Then the milk with the soda dissolved in it, and the molasses. Stir well. Pour in a buttered pudding-mold with a tight cover, and steam (or bake slowly) for two hours. Serve with Foamy Sauce.

QUICK SUET PUDDING (for 8)

1 cup molasses (or part brown sugar syrup)	1 cup chopped suet
1 cup milk	1 cup raisins (whole or chopped)

Mix and then add dry mixture; 2 teaspoons soda, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon each of salt, cloves, allspice, and nutmeg sifted in $3\frac{1}{2}$ cups flour. Add 1 teaspoon vanilla and 1 teaspoon mapleline. Put in greased 2-qt. mold and steam two hours or longer. Serve hot with Lemon Sauce and, if liked, add a bit of Hard Sauce.

CARROT FRUIT PUDDING (for 12)

1 cup chopped raw potato
 1 cup chopped raw carrot
 1 cup chopped suet
 1 cup sugar (brown preferred)
 1 cup raisins

1 cup currants

Sift { 1 level teaspoon soda
 2 cups flour
 $\frac{1}{2}$ teaspoon each of salt,
 cinnamon and cloves

($\frac{1}{2}$ cup nuts may be added)

If not moist enough to mix well, add about 2 tablespoons water. Steam for six hours in pan three-quarters full and serve like Plum Pudding. Costs about 20 cents (except sauce) and is *fine*. Use Lemon Sauce, Hard Sauce, and a cherry on each serving.

CHRISTMAS SUET PUDDING (for 10)

Sift together:

$\frac{1}{2}$ cup sugar
 2 cups flour (more at last if
 needed for thick batter)
 1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon ground cloves
 $\frac{1}{2}$ teaspoon nutmeg
 1 teaspoon cinnamon

Then add:

$\frac{1}{2}$ cup raisins ($\frac{1}{2}$ cup walnuts
 or almonds may be added)
 1 lb. dates (chopped)
 1 cup chopped suet

Mix; then add:

1 cup molasses
 1 cup milk (or sour milk with
 $\frac{1}{2}$ teaspoon soda)
 1 egg slightly beaten

Steam one hour in cans or pans three-quarters full. Serve with Hot Lemon or Vinegar Sauce (a little Hard Sauce may be served with it also):

1 cup sugar
 2 round tablespoons flour
 1 round tablespoon butter
 2 cups water

Boil a few minutes and add
 2 tablespoons vinegar or
 lemon juice with a bit of
 grated rind

An egg yolk may be added for a richer sauce.

MOTHER'S PLUM PUDDING (for 20 to 25)

Chop fine 1 lb. all fat pork or suet and pour over it 1 pt. boiling water. Let stand till cool, then add floured fruit—1 lb. seeded raisins, 1 lb. currants (or part dates), $\frac{1}{4}$ lb. chopped citron or candied fruit peel or pineapple. Add 1 to 2 cups black walnuts or part almonds (just broken); 1 cup molasses, 1 lb. brown sugar. Mix and add dry mixture: 1 teaspoon each of cinnamon, soda, nutmeg, cloves, 2 teaspoons baking powder, 3 pts. flour, or enough for stiff batter.

Bake *slowly* or steam **3 loaves** at least two hours. The tops may be decorated with part of the nuts and some candied cherries before steaming. Serve hot with Lemon, Hard, or Vinegar Sauce

(For English custom of lighting the pudding, lemon extract will burn if lightly brushed over the cake before serving.)

GRAPENUT PUDDING

Pour 1 cup boiling water or milk over $\frac{1}{2}$ cup grapenuts; let cool and add:

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon nutmeg
1 teaspoon melted butter	Pinch salt
2 egg yolks, beaten	$\frac{1}{2}$ cup seeded raisins rolled
$\frac{1}{4}$ teaspoon cinnamon	in flour
$\frac{1}{4}$ teaspoon cloves	

Add last of all, beaten egg whites. Bake in moderate oven until set—about thirty minutes.

CREAM PUFFS

1 cup boiling water	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup butter (or $\frac{1}{4}$ cup)	3 eggs
1 cup flour	2 teaspoons baking powder

Heat water and shortening in saucepan until it boils up well; add all at once flour sifted with salt, and stir vigorously. Remove from fire as soon as mixed, cool somewhat, and mix in unbeaten eggs, one at a time; add baking powder; mix and drop by spoonfuls $1\frac{1}{2}$ inch apart on greased tin; shape round or long with wet spoon. Bake about twenty-five minutes in hot oven. Cut with sharp knife near top to admit filling from a pastry bag. If preferred bake forty minutes in moderate oven.

Cream Filling

1 cup sugar (or less)	1 egg
$\frac{1}{3}$ cup cornstarch	3 cups scalded milk
$\frac{1}{8}$ teaspoon salt	1 teaspoon vanilla extract

Mix dry ingredients; add slightly beaten egg, and stir into this gradually the scalded milk. Cook about fifteen minutes in double boiler, stirring constantly until thickened. Cool slightly, and flavor.

Sweetened whipped cream may be used instead of this filling. (Use pastry bag to force filling into shells.) For **Eclairs**, top with Chocolate Frosting.

BOSTON CREAM PUDDING (or Pie)

2 eggs	$\frac{3}{4}$ cup sugar
1 cup flour	$\frac{1}{8}$ teaspoon salt
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup boiling milk
$\frac{1}{2}$ teaspoon vanilla extract	

Add beaten egg yolks to stiffly beaten whites and gradually add flour, baking powder, sugar, and salt which have been sifted together three or four times; add hot milk very slowly; add vanilla. Bake in deep layer cake tin in moderate oven about thirty-five minutes. When cool, split and put between layers the following cream filling. Sprinkle powdered sugar on top of cake, or trim top with whipped cream forced through pastry bag.

Cream Filling

$\frac{1}{2}$ cup sugar	2 eggs
2 tablespoons cornstarch	1 cup scalded milk
$\frac{1}{8}$ teaspoon salt	1 teaspoon butter
$\frac{1}{2}$ teaspoon vanilla extract	

Mix sugar, cornstarch, salt, and beaten eggs; pour on gradually the scalded milk; add butter; cook in double boiler until thick and smooth, stirring constantly; add flavoring; cool and spread between layers of cake.

FIG PUDDING

Mix $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ teaspoon soda, $1\frac{1}{4}$ cups milk; add $2\frac{3}{4}$ cups flour mixed with 1 teaspoon baking powder and 1 teaspoon salt; add 1 tablespoon melted butter, $\frac{1}{2}$ cup chopped figs, and $\frac{1}{2}$ cup chopped nuts.

Put into greased baking powder cans; cover tightly; put into cold water, bring to boil, and keep boiling two hours. Serve hot with or without lemon or other sauce.

STEAMED GINGER PUDDING

Mix $\frac{1}{3}$ cup melted drippings or butter, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup hot water with 1 tablespoon vinegar (or use $\frac{1}{2}$ cup sour milk), 1 egg beaten separately (or omit). Sift together twice 2 cups flour, 1 teaspoon soda (1 teaspoon baking powder if egg is omitted), 1 teaspoon ginger, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon salt.

Beat together the wet and dry mixtures, steam one hour (in tube cake pan set in colander over kettle of boiling water, or use a steamer). Serve with soft custard or hot lemon sauce. (See Sauces.)

STEAMED ORANGE ROLL

5 oranges	1 tablespoon melted butter
$\frac{1}{2}$ cup sugar	2 tablespoons chopped walnuts
2 cups lemon custard	

Roll Mixture

2 cups flour	2 tablespoons powdered sugar
1 teaspoon baking powder	$2\frac{1}{2}$ tablespoons shortening
$\frac{1}{2}$ teaspoon salt	About 1 cup milk

Peel, slice thin, and seed oranges. Make roll mixture by sifting flour and dry ingredients, cutting in shortening, and mixing to a rather stiff dough with the milk. Roll out $\frac{1}{2}$ inch thick. Brush with melted butter, sprinkle with sugar. Cover with sliced oranges, and fold into compact roll and place fold-side down on buttered baking dish, covering with oiled paper. Have Waterless Cooker or steamer well heated with 2 cups water boiling in bottom. Place dish with roll on rack, and steam, valve CLOSED, one and a half hours. Remove to hot platter, decorate with chopped nuts and pour around **lemon custard** made as follows:

Boil together 1 cup sugar, 1 tablespoon flour, 2 egg yolks, grated rind and strained juice of 1 lemon, and $1\frac{1}{2}$ cup water.

The above roll mixture may be used in many desserts. Roll into rectangular shape about $\frac{1}{4}$ inch thick, cover with any sweetened cut fruit, fresh or canned, roll up, pinch ends, and steam as above directed.

LEMON CREAM SOUFFLÉ

4 egg yolks	Juice and rind of $\frac{1}{2}$ lemon
$\frac{1}{3}$ cup sugar	2 tablespoons hot water
4 egg whites beaten with $\frac{1}{2}$ teaspoon baking powder.	

Cook yolks, sugar, lemon, and water over a low flame. When it thickens remove from the fire, fold in the beaten whites, and serve in individual glasses lined with lady fingers, or strips of cake.

LEMON PUDDING

2 cups flour	Pinch of salt
1 tablespoon sugar	1 heaping tablespoon butter
2 teaspoons baking powder	Enough water to mix stiff

Spread thinly in well-buttered, shallow pan. Cover with the following sauce and bake in slow oven thirty minutes. Fine.

Sauce

2 eggs slightly beaten	2 round tablespoons flour
Butter, size of egg	$1\frac{1}{2}$ cups sugar
Grated rind and juice of 1 very small lemon	1 pt. boiling water

Mix eggs with soft butter and lemon juice. Add flour and sugar mixed together, then add 1 pint of boiling water. Cook a moment, then pour over the dough.

BAKED ALASKA

Bake sponge cake in angel food pan. Let hang in the inverted pan till cool. Lift pan off, keep cake inverted. Scoop off some of

the center and stuff into the hole made by the tube. Fill the depression with firm ice cream, and spread it over the whole cake if possible, then completely cover the cream with the following meringue:

To 6 whites beaten stiff, add slowly 1 cup sugar and 1 teaspoon vanilla. Spread over the cake and bake in moderate oven about twenty minutes—till meringue is set and brown. A sheet cake or individual squares or drop cakes may be used, but the ice cream must be completely covered with the meringue so it does not start to melt. Fine.

DELMONICO PUDDING (for 9)

9 almond macaroons	2 cups milk
½ small bottle of maraschino cherries	1 cup sugar
1½ tablespoons gelatin	3 egg yolks
2 tablespoons cold water	3 egg whites
	Pinch of salt

Break macaroons in small pieces and pour on liquor from cherries. Add cherries cut in small pieces. Soak gelatin in cold water. Heat milk to scalding point in double boiler, add sugar. Beat yolks well and add some of hot milk to yolks, then pour slowly into hot milk. Cook over low fire three to five minutes. Add gelatin and cook three minutes longer. Cook custard until it will coat a metal spoon. Remove from fire and fold in stiffly beaten egg whites and pinch of salt. Pour custard over macaroons and cherries. Put in cold place to set, stirring several times so that macaroons are mixed through. Serve with whipped cream. This is better made the day before serving—it will keep several days if cool.

PINEAPPLE ISLES

Place 6 slices of Hawaiian pineapple on a buttered tin, and sprinkle each with 1 teaspoon chopped nuts mixed with a few grains salt. Add 1 tablespoon water to whites of 2 eggs, whip very stiff, then beat in 4 tablespoons sugar. Heap in center of pineapple. Bake in slow oven for twenty minutes or until delicately brown. Nuts may be omitted. Cherry may be put on top.

SAILOR'S DUFF

Mix 1 well-beaten egg, 2 tablespoons sugar, 2 tablespoons butter, ½ cup Duff's dark molasses, 1½ cups flour, 1 teaspoon soda, ½ cup boiling water, and ½ teaspoon salt.

Steam slowly for one hour and ten minutes. Serve with sauce.

Sauce: Two egg yolks beaten with 1 cup sugar and folded into 1 cup whipped cream. Or use Lemon Sauce or Hard Sauce.

Pudding Sauces

Hard Sauce.—Cream $\frac{1}{3}$ cup soft butter with 1 cup sugar (powdered or granulated), add 1 teaspoon vanilla, fruit juice, or cream. (1 beaten egg white or yolk with a dash of nutmeg may be added.)

Creamy Hard Sauce.—1 cup powdered sugar, $\frac{1}{4}$ cup butter, 1 egg well beaten, $\frac{1}{4}$ cup boiling water, 1 teaspoon vanilla. Rub sugar and butter to a cream, add egg and beat well. Just before serving add boiling water and vanilla.

Lemon (Orange or Vinegar) Sauce.—Mix 1 cup sugar (scant) with 2 round tablespoons cornstarch or $\frac{1}{3}$ cup flour, add juice and grated rind of $\frac{1}{2}$ lemon (or 1 orange with 1 tablespoon lemon), or 2 tablespoons vinegar with 1 teaspoon lemon flavoring. Mix a slightly beaten egg with the sugar if you like a richer yellow sauce. Add butter, size of walnut, and 2 cups or more boiling water. Cook till clear. Serve hot or cold on plum pudding, etc. Three tablespoons jelly or preserves may be added.

Lemon Soufflé Sauce.—Bring 1 cup of milk to a boil, then stir into it the beaten yolk of 1 egg mixed with half a cup of powdered sugar. Cook for three minutes, stirring constantly. When perfectly cool stir in the juice and grated rind of $\frac{1}{2}$ lemon. Just before serving, whip in the whites of 2 eggs that have been beaten until firm.

Uncooked Orange Sauce.—Beat the whites of 3 eggs until stiff and add gradually, while beating constantly, 1 cup powdered sugar and a few grains of salt; then add the grated rind and juice of two oranges and the juice of $\frac{1}{2}$ lemon. Use soon after mixing.

Whipped Cream Sauce.—2 cups confectioner's sugar, 1 beaten egg, 2 tablespoons butter. Beat all together until thoroughly blended. Keep in a cool place, and just before serving add 1 cup whipped cream and flavoring to taste. Serve with any baked or steamed pudding. If preferred, the beaten egg white may be folded in separately. Three eggs and $\frac{1}{2}$ cup butter may be used.

Taffy Sauce.— $\frac{1}{2}$ cup butter, 1 cup granulated sugar. Mix together and add 1 well beaten egg. Cook in double boiler and stir constantly till slightly thickened. Just before removing from fire add flavoring.

Butter Sauce.—Cook together 2 tablespoons butter, 1 cup sugar, 1 tablespoon flour, 1 pt. boiling water till thick.

Golden Butter Sauce.—6 tablespoons butter, 3 eggs, 2 tablespoons boiling water, 1 cup powdered sugar, 1 teaspoon vanilla. Cream the butter, add sugar, beating between each ad-

dition. Beat egg yolks until thick and add gradually. Beat up well, add the stiffly beaten whites of eggs, flavoring and boiling water. Before serving set over boiling water five minutes, stirring constantly.

Foamy Sauce.— $\frac{1}{2}$ cup butter, 1 cup powdered sugar, 1 teaspoon vanilla, $\frac{1}{4}$ cup boiling water, 2 tablespoons fruit juice, 1 egg white. Cream the butter and sugar. Add vanilla and fruit flavoring, and beat. Before serving, add the water carefully and the egg white beaten until stiff. Beat until foamy.

Fruit Sauce.— $\frac{1}{3}$ cup butter, 1 cup fresh strawberries, raspberries or canned fruit drained from syrup, 1 cup powdered sugar, white of 1 egg. Cream butter; add sugar gradually; add egg beaten until stiff, and beat well; slowly add fruit which has been carefully prepared and mashed. Beat until creamy.

Vanilla Sauce.—1 round tablespoon flour, 2 round tablespoons sugar, 1 teaspoon vanilla, 1 tablespoon butter, and boiling water to make thin as desired—about 1 cup. Boil several minutes.

Soft Custard Sauce.—Pour 1 pt. hot milk over 3 slightly beaten egg yolks that have been mixed with $\frac{1}{2}$ cup sugar. Stir and cook a bit, but do not let it boil or it will curdle. If it does, beat it vigorously.

Custard Sauce.—Scald $1\frac{1}{2}$ cups milk in double boiler. Mix thoroughly $\frac{1}{4}$ cup sugar, 1 tablespoon cornstarch and $\frac{1}{4}$ teaspoon salt. Beat the yolks of 2 eggs slightly, add $\frac{1}{4}$ cup milk; then add to dry ingredients. Turn mixture into the scalded milk and cook six minutes, or twenty minutes in double boiler, stirring constantly. Strain, cool, and flavor with vanilla or lemon extract.

Chocolate Sauce.—Add 1 square chocolate to above sauce and beat well with Dover beater. (See Ice Cream Sauces.)

Apple Dumpling Sauce.—2 tablespoons flour in 1 cup sugar, $1\frac{1}{2}$ cups water, cook five minutes. May also be flavored, and served with puddings or short cake.

Strawberry Sauce.— $\frac{1}{3}$ cup butter, 1 cup powdered sugar, 1 cup crushed berries. Cream the butter, and the sugar gradually. Beat until light and add the berries.

Raisin Sauce.— $\frac{1}{2}$ cup sugar, 2 tablespoons flour, pinch salt, $\frac{1}{3}$ cup seedless raisins, 1 cup boiling water, 1 tablespoon butter, 1 teaspoon vanilla. Mix sugar, salt, flour, add boiling water gradually; place over fire and stir until thick. Remove from stove, add butter, raisins, and vanilla. If made in advance, this sauce should be kept warm over hot water.

Extra Recipes

Chilled Desserts

Note: Most of these desserts may be served also as fruit salads, and those containing whipped cream may be frozen in iceless refrigerator.

1 envelope gelatin equals 2 slightly round tablespoons. Most gelatin desserts, especially those containing sour juices, should be made six to twelve hours before using, unless chilled in a very cold place.

PARADISE PUDDING (for 12)

Chop $\frac{1}{4}$ lb. blanched almonds, 12 marshmallows, 12 candied cherries, 6 macaroons. To a package of lemon Jell-O add 2 cups boiling water, and when almost firm whip like cream. Then fold in 1 cup whipped cream, the cut, chilled fruit, and $\frac{1}{4}$ cup sugar. Turn into a square pan and set it in a cold place to harden. Serve in slices. Will serve 12 or more.

RASPBERRY JELL-O CREAM

Wash 1 box of raspberries and sprinkle with 4 tablespoons sugar. Dissolve a package of raspberry Jell-O in $\frac{3}{4}$ pt. boiling water and, when cold and still liquid, whip to consistency of whipped cream. Then fold in the raspberries and juice. Set in a cold place to harden. Serve with whipped cream and garnish with fresh berries. May use canned berries.

FRUIT COMPOTE

1 pkg. strawberry gelatin	1 cup boiling water
$1\frac{1}{2}$ cups stewed or canned fruit	1 cup fruit juices

Dissolve gelatin in boiling water. Add fruit juice. Chill. When it begins to thicken add the drained, cut fruit. Peaches, pears, and prunes make good combination. Mold and chill.

TUTTI FRUTTI

Dice pineapple, oranges, bananas, grapes, white cherries, sweeten and let stand until syrup is formed. Serve ice cold, cover with finely chopped nuts.

FRUIT CUP

Flavor and sweeten whipped cream. Add any diced or whole or crushed fruit, sweetened if necessary. Raspberries may be put

in the bottom of glass dish, sprinkle with sugar, add cream, and garnish with berries on top. Another variation is pineapple, California grapes, and marsachino cherries mixed with cream, garnished with nuts or cherry.

STRAWBERRY BAVARIAN CREAM

2 round tablespoons gelatin	1 cup powdered sugar
1 pt. strawberry pulp	1 cup hot water
½ pt. cream	

Mix the strawberry pulp and juice with the powdered sugar. Dissolve the gelatin in 2 tablespoons of the water, add rest of water and stir, then add the fruit. Whip the cream stiff. Chill, and when beginning to thicken fold in the whipped cream. Turn into a mold, and stand in a cold place.

STRAWBERRY OR RASPBERRY FOAM

1 cup berries, whole, sliced, or mashed through sieve	1 cup cream, whipped 2 egg whites
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Beat whites stiff and add ½ cup sifted powdered sugar, then beat again. Fold in the cream and berries (or juice) and chill.

BANANA-STRAWBERRY PUFF

1 pt. strawberry Jell-O divided in two pans before it hardens. Beat 2 egg whites stiff; 1 banana mashed and added to whites. Sweeten to taste. Beat one pan of Jell-O when nearly stiff, and cut the other pan into cubes. Put all the ingredients into sherbet glasses, top with a cherry.

STRAWBERRY WHIP (for 6)

Soak ½ envelope or 1 level tablespoon gelatine in ¼ cup cold water five minutes, and dissolve in ½ cup boiling water; add 1½ cups strawberries, which have been crushed with ⅔ cup sugar, few grains salt, and 1 teaspoon lemon juice. When it begins to stiffen, beat, and then whip in 2 stiffly beaten egg whites. Turn into sherbet glasses, or serve on sponge cake with whipped cream.

PINEAPPLE GELATIN PUDDING

Soak 1 level tablespoon gelatin in ¼ cup cold water five minutes, and dissolve in 1 cup hot canned pineapple juice; add ½ cup sugar, few grains salt and 2 tablespoons lemon juice. When it begins to stiffen, beat until frothy and add 2 stiffly beaten egg whites and continue beating. Fold in 1 cup diced canned pineapple, and ½ cup sliced strawberries and ½ cup bananas. Turn into wet molds or into glasses. Serve garnished with strawberries.

PINEAPPLE AND RASPBERRY JELL-O

Dissolve a package of lemon Jell-O in $\frac{1}{2}$ pt. boiling water, add $\frac{1}{2}$ pt. juice from canned pineapple. When cold but still liquid, whip to consistency of whipped cream. Fold in 2 or 3 slices of canned pineapple, finely chopped. Turn into square mold, filling half full. Dissolve a package of raspberry Jell-O in $\frac{1}{2}$ pt. boiling water, add $\frac{1}{2}$ pt. cold water or juice of canned or fresh raspberries, whip, and fold in the berries. Pour into the mold after the lemon Jell-O has hardened.

JELLIED RHUBARB

Wash but do not pare rhubarb. Cut in pieces and cover with water. Add a good-sized stick of cinnamon. Boil the rhubarb until it is cooked to shreds. Then strain, sweeten to taste, and thicken to a stiff consistency with cornstarch or gelatin (3 tablespoons cornstarch or 1 round tablespoon gelatin to 1 pt. juice) Serve cold with cream. It is delicious, and is of a delicate pink tint.

EASTER DESSERT

Soak $\frac{1}{2}$ envelope gelatin in $\frac{1}{4}$ cup cold water five minutes. Heat 1 cup milk, add gelatin; when dissolved sweeten with 3 tablespoons sugar, flavor with vanilla. Wash 6 large eggs, make hole in large end, pour out contents, pour water into shell, clean and drain, then fill with pudding by pouring through a funnel. Set the eggs in an upright position in pan of broken ice to harden. When ready to serve, take off shells, arrange in a nest of jelly or Jell-O, and serve with whipped cream.

JELLIED APRICOTS OR MOCK EGGS

1 cup juice from canned apricots

1 orange (juice)

$\frac{1}{2}$ lemon (juice)

$\frac{1}{4}$ cup sugar

Heat and add to 1 tablespoon gelatin that has been softened in $\frac{1}{2}$ cup cold water and strained. Cool. When the mixture begins to harden add the beaten white of 1 or 2 eggs. Beat till the mixture holds its shape, then put a large spoonful on small plate and put half an apricot on top. Let set and cool till serving time. If 2 tablespoons of the hot syrup are saved before the gelatin is added, they may be cooled and poured over the finished egg to glaze it slightly.

APRICOT GELATIN

Soak, stew, and sweeten $\frac{1}{2}$ lb. dried apricots. To 1 pt. of juice add 1 tablespoon gelatin dissolved in hot water. Allow to cool, but, before it is stiff, add a stiffly beaten white of egg and a cup of flavored whipped cream. Beat till light and creamy, add the chopped apricots and chill. Serve with cold custard sauce if liked.

APRICOT BAVARIAN (for 25)

- | | |
|-----------------------------|-----------------------------|
| 1½ cups cold water | 4 round tablespoons gelatin |
| 2 cups canned apricot juice | 1½ cups sugar |
| 3 tablespoons lemon juice | Few grains salt |
| 4½ cups canned apricots | Whites ½ dozen eggs |

Soften gelatin in cold water and dissolve in hot apricot juice. Add sugar, lemon and salt, and when mixture begins to stiffen beat in whites of eggs, which have been beaten until stiff. Turn into wet molds or glasses, adding apricot halves, Chill.

JELL-O PLUM PUDDING

Dissolve 1 pkg. lemon Jell-O in 1¾ cup boiling water. While still hot stir in ¾ cup Grape-Nuts; ¾ cup seeded raisins, ¾ cup English walnut meats, ¾ cup cooked prunes and ¼ cup citron—all cut fine; ½ teaspoon cinnamon, ¼ teaspoon cloves. Salt to taste. Let cool, put into a chilled wet mold, set away in a cool place to stiffen. Serve with whipped cream or pudding sauce.

CHOCOLATE PLUM PUDDING

- | | |
|--|----------------------|
| 1 envelope (2 round table-
spoons gelatin | ½ teaspoon vanilla |
| 1 cup cold water | 1 cup seeded raisins |
| 1 pt. milk | ¾ cup dates |
| 1 cup sugar | ½ cup nuts |
| 1½ squares chocolate | ½ cup currants |
| | 3 egg whites |

Pinch of salt

Soften gelatin in cold water ten minutes. Melt chocolate with part of the sugar; add a little hot milk, making a smooth paste. Put milk in double boiler. When hot, add melted chocolate, sugar, salt, and soaked gelatin. Remove from fire; when mixture begins to thicken, add vanilla, fruit, and nut meats (chopped), and lastly fold in beaten egg whites. Turn into wet mold, decorated with whole nut meats and a few raisins. Chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla, or with a currant jelly sauce.

CHOCOLATE SPONGE

- | | |
|---------------------|--------------------------|
| ½ envelope gelatin | ⅓ cup sugar |
| ¼ cup cold water | 3 eggs |
| ¼ cup boiling water | 2 squares chocolate or 6 |
| 1 teaspoon vanilla | tablespoons cocoa |

Few grains salt

Soak gelatin in cold water until soft, then dissolve in boiling water. Add cocoa or melted chocolate. Beat egg whites until

stiff, and add well beaten egg yolks gradually, to the whites. Add sugar, then the dissolved gelatin, which has been beaten well. Beat and add flavoring. Pour into wet mold, chill, and serve plain or with milk, whipped cream, or whipped evaporated milk.

PINEAPPLE-CARROT DESSERT OR SALAD

Drain medium-sized can crushed pineapple. To the juice add 2 tablespoons lemon juice or vinegar (or 4 tablespoons orange juice) and boiling water to make 1 pt. liquid for dissolving 1 package lemon Jell-O. When cool, add the drained pineapple and $\frac{1}{2}$ cup (or more) grated raw carrot. Serve with whipped cream or salad dressing when firm and cold.

ORANGE-CARROT DESSERT

Carrots, prunes, and orange juice may be combined in a gelatin dessert in such a way that the carrots will not be recognized. Put a pound of carrots through the food chopper. Cook in as little unsalted water as possible so none is wasted. Drain off the water and use it (diluted if necessary) with orange juice instead of plain water to make gelatin, a pint or quart as desired. Add cooked, seeded and sliced prunes, a few pieces of orange pulp and the cooked carrots. Sweeten to suit taste. Chill and serve with cream. Other fruits may be added.

PRUNE ORIENTAL CREAM

$\frac{1}{2}$ envelope gelatin	$\frac{1}{3}$ cup cold milk
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ pt. heavy cream or
$\frac{1}{4}$ cup scalded milk	evaporated milk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup cooked prunes, cut in
Whites of 2 eggs	pieces, or any fruit desired

Soak gelatin in cold water five minutes, dissolve in scalded milk, and add sugar. Strain into a bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken; then slowly add whites of eggs (beaten until stiff), heavy cream, whipped and gradually diluted with the cold milk; add prunes or other fruit. Turn into a wet mold, the bottom and sides of which are garnished with pieces of cooked fruit, and chill. If desired, serve with custard sauce or whipped cream.

PRUNE GELATIN

1 envelope gelatin dissolved in $1\frac{1}{2}$ cup cold water, add 1 cup boiling water, $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ cup orange juice, 2 tablespoons lemon juice, $1\frac{1}{2}$ cups prune pulp, cool in molds. Serve with cream.

RHUBARB DESSERT

Wash 1 lb. rhubarb, cut it into small pieces, and stew it in 2 cups water with $\frac{3}{4}$ cup sugar. Soak 2 tablespoons gelatin in $\frac{1}{4}$ cup orange juice, and add to the cooked rhubarb. Let it stand until cold. When ready to serve, fill tarts or orange shells with the mixture, heap sweetened whipped cream on top and add a few finely chopped almonds.

CHARLOTTE RUSSE

$\frac{1}{2}$ pt. whipping cream (1 tablespoon melted chocolate
 $\frac{1}{4}$ cup powdered sugar if liked)
 1 teaspoon vanilla extract

Mix ingredients. Have very cold and whip to stiff froth. Line dish with sponge cake or lady fingers, fill with whipped cream and serve cold. Garnish with nuts, cherries, or chocolate shot.

COCOANUT CREAM

$\frac{1}{2}$ envelope gelatin 2 cups milk
 $\frac{1}{4}$ cup cold water 1 cup shredded cocoanut
 3 eggs Few grains salt
 $\frac{1}{3}$ cup sugar 1 teaspoon vanilla

Soak gelatin in cold water five minutes. Make custard of yolks of eggs, sugar, and milk by mixing and cooking in double boiler till slightly thickened. Remove from range and add soaked gelatin. When mixture begins to set, add cocoanut, whites of eggs beaten until stiff, salt, and flavoring. Line a mold with sections of orange, pour in mixture, and chill.

PEACH WHIP

1 tablespoons gelatin soaked 1 cup peaches, canned or fresh
 in $\frac{1}{4}$ cup cold water 1 cup cold water
 $\frac{1}{3}$ cup sugar Whites of 2 eggs

Dissolve the gelatin over hot water. Mix together with the sugar, the peaches cut in small pieces, and the water, then add the gelatin. Let stand until the mixture begins to harden. Add the unbeaten whites of eggs. Beat until white and frothy. Fill glasses and garnish with slices of peach. Serve plain, or with whipped cream or custard.

PEACH CREAM IN CANTALOUPE

Peel 3 ripe peaches, cut in pieces, and press through a ricer, add a teaspoon of lemon juice, a cup of powdered sugar, and 2 tea-

spoons of granulated gelatin softened in $\frac{1}{4}$ cup of cream, then dissolved over hot water. Mix well, then fold into 2 cups of whipped cream, cool almost to the point of congealing; then pile in cantaloupe halves chilled thoroughly.

PEACH AND CANTALOUPE DESSERT

Halve small, very cold melons, allowing a half to each serving, sprinkle with powdered sugar, then fill with sliced and sugared peaches, and top with ice cream or whipped cream.

SYLLABUB

1 pkg. Lemon Jell-O cut in dices. Let Jell-O cool in shallow, square pan. Place any kind of fruit, such as oranges, bananas, cherries, in glasses. Mix with Jell-O cubes, and pour juice of pineapple over the whole. Serve with whipped cream.

CHERRY SPONGE

Dissolve 1 pkg. Cherry Jell-O in 1 pt. boiling water. Add 12 finely cut marshmallows, a few grains of salt, 6 drops almond extract. When cold and slightly thickened, whip and pour into molds. Cherries and nuts may be added.

BANANA CREAM

1 package Lemon Jell-O	5 large, ripe bananas
$1\frac{1}{2}$ cups boiling water	5 teaspoons sugar
1 cup heavy cream, whipped	

Dissolve Jell-O in boiling water. Mash bananas with silver fork, add sugar, and rub smooth. Add whipped cream. When Jell-O is cold and slightly thickened, beat with rotary egg beater until consistency of whipped cream. Fold in cream mixture. Pour in mold, chill until firm. Serve with whipped cream. Serves 10.

ORANGE CREAM

2 tablespoons gelatin	1 cup orange juice with pulp
$\frac{1}{4}$ cup cold water	2 cups heavy cream
1 cup boiling water	3 tablespoons lemon juice
$\frac{3}{4}$ cup sugar	Whites 3 eggs

Soften the gelatine in cold water, then dissolve in boiling water. Mix with the sugar, lemon and orange juice and place on ice. When thick, but before getting solid, add the beaten whites of eggs and the beaten cream. Pour in a mold which has first been moistened with cold water, and set on ice to chill. Garnish with half slices of orange.

GRAPE WHIP

2 tablespoons gelatin	1 cup sugar
$\frac{1}{2}$ cup cold water	$1\frac{1}{2}$ cups cream
2 cups grape juice	

Soak the gelatin in the cold water and dissolve it over hot water. Stir in the sugar and grape juice and, when the mixture begins to thicken, fold in the stiffly whipped cream. Pour into molds wet in cold water, and let stand in a cold place until firm.

GRAPE CREAM

2 cups heavy, sweet cream	$\frac{1}{2}$ cup grape juice
$\frac{3}{4}$ cup chopped almonds	1 teaspoon lemon juice
Sugar	

Add the chopped almonds to the cream. With an egg-beater whip in the other ingredients, and pour into sherbet glasses. All the ingredients should be thoroughly chilled to the moment of serving.

LEMON SPONGE OR SNOW GELATIN

$\frac{1}{2}$ envelope gelatin	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ cup cold water	Juice of 1 lemon
1 cup boiling water	Whites of 2 eggs

Soak gelatin in cold water five minutes, dissolve in boiling water, add sugar, lemon juice, and grated rind of one lemon, strain, and set aside; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

LEMON BAVARIAN CREAM

Put $\frac{1}{4}$ cup of sugar and $\frac{1}{4}$ cup of lemon juice into a double boiler. When heated, pour over the beaten yolks of 2 fresh eggs, beaten with $\frac{1}{4}$ cup of sugar. Cook, stirring constantly until thickened. Next add $\frac{1}{2}$ tablespoon of gelatin that has soaked in a tablespoon of cold water. Beat until cool, then add the whites of the eggs beaten stiff, and folded in with $\frac{1}{2}$ cup of whipped cream. Set in a cold place to stiffen.

JELLIED LEMON CUSTARD

1 pkg. lemon gelatin	1 egg
1 cup boiling water	2 cups milk
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt

Make a soft custard as follows: Beat egg; add sugar, salt, and mix. Pour on milk and scald until it thickens. Cool. Dissolve gelatin in boiling water. Chill. When it begins to thicken, add the custard. Chill in molds until firm. Serve with any fruit desired.

MARSHMALLOW-BANANA DESSERT

$\frac{1}{2}$ lb. marshmallows	1 cup English walnuts
1 can white cherries	2 bananas diced
1 orange diced	

Whip $\frac{1}{2}$ pt. double cream with 2 teaspoons sugar, mix together, let stand until cold.

CHERUB'S CREAM

Fresh marshmallows cut with shears. To soften, soak several hours in cream flavored with vanilla. Keep cold. Stir several times while soaking then add cherries, pineapple, or other fruit.

Proportions: 1 can pineapple (drained), $\frac{1}{2}$ pt. single cream to 15 marshmallows. Best made day before using. Serve in sherbet cups with whipped cream.

MARSHMALLOW-GRAPE DESSERT

$\frac{1}{4}$ cup marshmallows	1 cup cut and seeded white or red
1 cup cream whipped	grapes (or use nuts or berries)
3 tablespoons powdered sugar	

Cut marshmallows in quarter sections, mix with whipped cream, place in ice box for an hour before serving. Add grapes when ready to serve. Slightly salted, well toasted, blanched almonds are especially good in this dessert, whether fruit is used or not. Sliced strawberries, white cherries, and marshmallows are a good combination also.

MAPLE PINEAPPLE AMBROSIA

Shred a fresh pineapple—not too fine—and mix into it $\frac{1}{2}$ lb. fresh marshmallows, cut in pieces with a sharp scissors. Let this stand on the ice for six hours. Just before serving, mix in 2 cups whipped cream, sweetened to taste with thick maple syrup and flavored with the juice of half a lemon. Garnish with candied cherries.

MARSHMALLOW FLUFF

$\frac{1}{2}$ lb. fresh marshmallows	1 egg white, whipped
cut in fourths	(Or use 2 whites with
1 pt. cream, whipped stiff	$\frac{1}{2}$ pt. cream)
Powdered sugar to sweeten cream and egg	

Mix all together and add $\frac{1}{4}$ lb. broken walnuts. Serve cold. Garnish with fruit.

MARSHMALLOW LOAF

Boil gently 1 cup sugar and $\frac{1}{2}$ cup water until it threads. Fold this syrup into the stiffly beaten whites of 4 eggs. While warm, add 1 tablespoon gelatin which has been soaked in 1 tablespoon cold water. Divide into two equal parts, coloring one part with pink or green fruit coloring. Chill till almost stiff.

Dust the bottom of a small loaf cake pan with powdered sugar. Pour in one-half of the white mixture, sprinkle with nuts, cocoanut, and diced maraschino cherries. Add one-half of the pink mixture, then the remaining part of the white mixture sprinkled with nuts, cocoanut, and cherries, and finally the remaining pink part. Set in a cold place until it hardens. When ready to serve, dip the mold for just an instant into hot water, then turn out on a platter which has been dusted with powdered sugar. Cut in slices and garnish with halves of fresh strawberries. Other colorings and fruits may be used.

HEAVENLY PUDDING (for 24)

1 No. 2 can grated pineapple	1 cup chopped nut-meats
1 lb. marshmallows (cut up)	1 pt. cream, whipped

Mix pineapple and marshmallows and allow to stand over night. Just before serving add nuts and whipped cream folded in. Do not stir.

NEAPOLITAN JELL-O

Dissolve 1 package of lemon Jell-O in 1 pt. boiling water. Pour two-thirds of it into a mold of proper shape and when it has set, whip the rest, pour it on and let it harden. Dissolve a package of strawberry or raspberry Jell-O in a pint of boiling water, and when it is beginning to set put two-thirds of it, a spoonful at a time, on the lemon Jell-O. For the fourth layer whip the rest of the strawberry Jell-O or raspberry Jell-O and pour it on the hardened plain layer. All layers must be firm before others are added. When ready to serve, dip mold quickly into hot water, turn out and slice.

IMITATION BRICK ICE CREAM

$\frac{1}{2}$ envelope gelatin	1 cup sugar
$\frac{1}{2}$ cup cold water	1 teaspoon vanilla
$\frac{1}{2}$ cup boiling water	1 teaspoon lemon extract
Whites of 4 eggs	$1\frac{1}{2}$ squares chocolate

Soak gelatin in the cold water five minutes and dissolve in the boiling water. Add sugar and cool, but do not chill. Beat whites

of the eggs, and add liquid gelatin and sugar, a few spoonfuls at a time, beating constantly. Divide quickly in three parts. Color the first part pink, add chopped nuts and vanilla flavoring. To the second part add melted chocolate and vanilla flavoring, and to the third part chopped cherries and lemon flavoring. Mold in damp bread tin or square mold. Serve in slices with whipped cream, or a sauce made of the yolks of the eggs, or fresh strawberries. Attractive served with vanilla ice cream and cake.

MACAROON ALMOND WHIP (for 8)

1 pt. lemon Jell-O with $\frac{1}{4}$ cup sugar, or use 1 round tablespoon gelatin dissolved in $\frac{1}{4}$ cup cold water, and add $1\frac{1}{2}$ cup boiling water and $\frac{3}{4}$ cup sugar. When about stiff, whip till light, add $\frac{1}{2}$ pt. cream whipped, 1 teaspoon vanilla, 6 crumbled macaroons, $\frac{1}{2}$ cup chopped almonds, 6 cut marshmallows (use buttered scissors), $\frac{1}{2}$ cup canned pineapple. Top with a bit of red jelly, Jell-O, or cherry, after chilling several hours.

DEWBERRY FLOAT

Prepare 1 pkg. of lemon Jell-O. Just before it sets add 1 cup or more dewberries, 1 cup white cherries, or seeded white grapes. Serve with whipped cream.

JUNKET DESSERT (for 4)

1 package Junket Powder

1 pint milk

Get individual dessert glasses ready. Take 1 pint fresh milk (powdered milk may be used, but not condensed or evaporated), warm slowly to *lukewarm*—NOT HOT (110° F.). Remove from stove. Chocolate Junket requires milk a *trifle* more than lukewarm.

Crush lumps, if any, pour Powder into lukewarm milk, stirring briskly until dissolved—not more than one minute.

Pour at once into the dessert glasses and let stand in a warm room *undisturbed* until firm—*about 20 minutes*.

When firmly set, remove, without jarring, to a cold place or the refrigerator and leave until serving time. Serve in same glasses, plain or with whipped cream or fruit sauces.

LEMON JUNKET RICE PUDDING

1 package Lemon Junket

$\frac{1}{2}$ cup maple sugar

1 pint milk

1 cup boiled rice

Place rice in bottom of dessert glasses, sprinkling maple sugar over it. Dissolve Junket in the slightly warmed milk and pour into glasses to fill. Let set until firm, then chill. Any left-overs of milk pudding—tapioca, cornstarch, etc., may be used instead of rice.

Extra Recipes

Frozen Desserts

Frozen desserts are an excellent means of adding valuable food elements to the menu. Although usually quite sweet and often very rich, they are wholesome and, if served in small quantities, a suitable and easily prepared frozen dessert may be selected for almost any luncheon or dinner.

The **varieties** of chilled and frozen desserts are unlimited, but they may be grouped in classes according to the chief ingredients and the method of freezing:

Plain or Philadelphia Ice Cream.—Uncooked mixture of cream or evaporated milk and rich whole milk, sweetened and flavored. Stirred or beaten while freezing in a combination of 3 or 8 measures of crushed ice to 1 part of granulated rock salt or "ice cream salt." (Three parts ice makes a more solid cream; six or eight parts, a fluffy cream that freezes more slowly.)

French or "Frozen Custard" Ice Cream.—Cooked mixture of cream, milk, sugar, eggs, and flavoring. The French Ice Cream usually contains more eggs than the American Frozen Custard. Frozen the same as Plain Ice Cream.

Frozen Fruit Pudding.—Cooked custard of milk, cream, eggs, and sugar, cooled, then frozen—with fruit juices, chopped fruits, and nuts added when almost stiff. Frozen the same as Plain Ice Cream.

New York Ice Cream.—Cooked custard, with gelatin and whipped cream added when cool. Freeze the same as Plain Ice Cream.

Mousse.—Sweetened and flavored whipped cream frozen without stirring. Gelatin, chopped nuts, macaroons, or meringue kisses, fruits, fruit juice, or syrup may be added before freezing. These mixtures are particularly adapted to *crankless freezers* and the *electric refrigerator*, or packed in molds in two parts of ice to one part salt for two hours or longer. (Equal parts freeze them sooner; a 4 to 1 mixture takes about four hours. Electric refrigerator about three hours.)

Parfait.—A rich dessert made by pouring a cooked syrup over beaten yolks or whites of eggs and, when cool, whipped cream and flavorings are folded in. Frozen the same as mousses, and combined with fruits or nuts before freezing or just before serving.

Sherbet.—Water or milk combined with fruit juices, egg-whites, and sugar syrup—sometimes with gelatin. Frozen same as Plain Ice Cream.

Water Ices.—Same as sherbets without milk, and usually without egg white.

Frappé.—Sweetened, diluted fruit juice frozen to a mush in equal parts of ice and salt.

Frozen Punch.—Water ice to which spices and sometimes spirits are added. When a variety of fruit juices are used it is called **sorbet**.

ICE CREAM MAKING

Note: These directions for ice cream making may be followed for all kinds of frozen desserts.

Equipment.—Unless a mechanical refrigerator is used (see Iceless Refrigerator Recipes) select the freezer which seems best for your use, provide also a heavy canvas bag about 18 inches square, obtainable at any housefurnishing store, a wooden mallet of medium size, a good ice pick, a cup measure and a quart measure, a tray which water cannot harm, a dishpan, a small tub or large kettle, and a long-handled spoon, plenty of ice and ice cream salt—other salt is not satisfactory. (About 10 lbs. ice for 2 or 3 qts. of ice cream.)

Preparation.—First, if a small bag is used, place on the tray a rather large chunk of ice; then, with the ice pick crack this into three or four smaller pieces. Put these into the ice-bag, pull the drawstrings, and crush the ice with the mallet. For the crankless freezer a few more strokes will be needed, so that the ice will be almost pulverized. Turn the crushed ice into the pan or tub provided and repeat until enough ice has been prepared.

To Fill Crank-type Freezer.—Scald thoroughly the dasher, lid and the can. Then chill them all well with cold water. Put the dasher in place and pour the chilled ice-cream mixture into the can, filling it not much more than three-quarters full, as the mixture swells during the freezing; cover, and place the can in the freezer tub. Adjust the top, place the freezer on the tray. Be sure the crank turns smoothly before starting to pack.

Packing Before Freezing.—The proportions of ice and salt depend upon the time allowed, and the desired texture of the frozen mixture. If a *light* cream is preferred, use *six or eight parts of crushed ice to one part of salt*. The larger amount of ice allows an expansion of 35 per cent. for uncooked mixtures, and about 28 per cent. for cooked custards. *With the usual three parts ice to one of salt* the expansion is about 18 per cent.; this freezes the mixture more rapidly and more compact. The *smoothness* depends chiefly upon the ingredients, especially the proportion of cream, and if turned, the evenness of the strokes. For *mousses* (chiefly whipped cream) use two parts ice to one of salt, or (for quicker freezing) use equal parts. Mousses are frozen in about three hours without turning, and are the best mixtures for the iceless refrigerator.

Frappés (chiefly fruit juice) are turned and frozen quickly in equal parts of ice and salt. Mixtures containing *gelatin* or *cornstarch* and a smaller proportion of whipped cream than in mousses, may be packed in molds with *four parts ice to one of salt*, or they may be frozen in iceless refrigerator trays for three or four hours. For the *crank-type of freezer* put the measure of ice in the freezer, making sure that it is spread about evenly over the bottom of the freezer. Then scatter the measure of salt over the ice, distributing it fairly. Continue in this manner, using accurate measures, until the point where the cover fits over the can is reached. Occasionally during packing settle the ice by punching it with the handle of the spoon. Then fill the freezer to overflowing with ice. Avoid adding salt near the top of the freezer.

Freezing.—Turn the crank slowly but steadily. When thoroughly chilled the speed may be increased, then decreased again when it begins to turn with less ease, but always turn steadily. The character of the cream itself may depend largely on the proper turning. Do not use quick, jerky strokes. Place a cork in the water hole, which will always be found in the side of a freezer of this type, during the freezing, and do not let the water out unless it tends to rise above the cover line; in that case, remove the stopper and draw off just enough of the liquid to keep it below the danger line. Add more ice and salt in proper proportions during the freezing, if it is needed.

After about fifteen minutes turning (with three parts of ice), the cream should be frozen. Wipe off the cover carefully before opening the can. When the mixture is stiff, remove the dasher, scrape it down well and pack the cream into a solid mass with a spoon. Re-cover, adjust a cork in the lid and re-pack. It is always better to let the cream stand for at least fifteen minutes (an hour is better) to "mellow" before serving.

Re-packing After Freezing.—Draw off all the salt water, punch down the ice remaining in the freezer with the spoon handle, and add more crushed ice and salt, four parts ice to one of salt. Cover well till needed. (When through with the freezer pour the ice and salt in a bag, let the ice melt away and save the salt.)

Crankless Freezer.—Using the ice-bag and mallet as described above, literally crush the ice until it is as fine as the ice cream salt itself. Be sure that the food compartment of the freezer is sweet and clean, adjust the cover and turn the freezer upside down; then remove the cover of the ice compartment and start the packing. Place in this section $\frac{1}{2}$ cup cold water, if the quart size is being used, and 1 cup water if the 2-quart size is used. Then add equal parts of ice and salt alternately, using level cup. With a long-handled spoon pack and spread about each addition of ice and salt, so that the entire compartment will be evenly and compactly filled. Then pour in another cup of cold water. Shake the

freezer, and if the ice settles add still more ice and salt, keeping the quantities of each in equal proportions and the measurements level. When the ice section will hold no more, adjust the cover carefully and invert the freezer. Now pour in the ice cream mixture, which should be well chilled, adjust the cover, making sure that it is perfectly tight, and set aside until needed. The cream should be ready in about one hour and will remain frozen without further packing for at least three hours. The process may be hastened if the freezer is opened two or three times, and the mixture stirred down from the sides where it freezes first.

ICE CREAMS

Plain Philadelphia Vanilla Ice Cream (2 qts.).—1 qt. whole milk, 1 cup cream, 1 large can evaporated milk (or an extra cup of cream), 1 cup sugar, 1 tablespoon vanilla, few grains of salt (1 or 2 egg yolks may be added for richer flavor). Mix and, if freezer is small, save out 1 cup of the mixture to stir in after the dasher is removed for re-packing. See directions for freezing. By using 5 whole well-beaten eggs and $1\frac{1}{2}$ cups sugar, this amount of liquid will fill a 3 qt. freezer when done.

French Custard Ice Cream (2 qts.).—3 tablespoons flour, $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ teaspoon salt, 2 eggs or 2 yolks, 2 cups milk (heated), 3 cups thin cream, $1\frac{1}{2}$ tablespoons vanilla. Mix flour, sugar, salt; add slightly beaten egg and $\frac{1}{4}$ cup cold milk, then slowly add hot milk. Cook in double boiler, stirring till thickened. If it curdles slightly, freezing will make it smooth. Cool, add cream, flavoring, and freeze.

Rural Ice Cream (2 gals.).—7 qts. rich milk, or 5 qts. milk and 2 qts. cream, 1 cup cornstarch, 6 eggs, 5 cups sugar, 4 tablespoons vanilla.

Skim the milk and moisten the cornstarch with 1 qt. of the skimmed milk. Heat 1 gal. of the skimmed milk, then add the moistened cornstarch, stirring rapidly. Cook the cornstarch mixture very carefully, about twenty minutes, watching and stirring to keep it from sticking or scorching. Then add the unbeaten egg yolks well mixed with the sugar; stir rapidly, and in about two minutes remove from the heat, add the stiffly beaten egg whites and the cream and vanilla. Cool thoroughly (over night if necessary) then freeze. If desired, other flavorings or melted sweetened chocolate may be used, or chopped nuts or crushed fruit may be added when the mixture is partly frozen.

Frozen Fruit Pudding (2 qts.).—1 pt. milk, 4 eggs (or 8 yolks), 2 cups sugar (scant), 1 pt. cream whipped stiff, wineglass or more fruit juice, 1 tablespoon flavoring (sherry, lemon, vanilla, almond, or pistachio, or a bit of each), 1 cup chopped pineapple,

$\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup shredded preserved fruit or cherries chopped. Make custard of the milk, eggs, and sugar; cool, add whipped cream and flavoring. Freeze almost stiff then add fruit and juice; stir carefully, remove dasher, let stand an hour.

New York Ice Cream (2 qts.).—2 cups milk, 3 cups cream, 1 cup sugar, pinch of salt, yolks of 4 eggs, 1 tablespoon gelatin, 1 tablespoon vanilla or lemon extract. Make a custard of milk, sugar, eggs, and salt. Bring it to a boil. Remove from fire and add gelatin, melted in a little warm water; cool, strain, and flavor. Whip the cream, add it to custard, and freeze after it has become cold.

Chocolate Ice Cream.—Melt 2 squares of chocolate over steam, then dissolve it with $\frac{1}{3}$ cup sugar in $\frac{1}{2}$ cup of hot milk, and add to any of the above recipes for ice cream. Or, boil $\frac{1}{4}$ cup cocoa with $\frac{1}{3}$ cup sugar in $\frac{1}{2}$ cup water three minutes. Use egg-beater to blend thoroughly with plain ice cream mixture. Vanilla may be omitted and a tiny pinch of cinnamon added.

Strawberry or Raspberry Ice Cream.—Mash 1 qt. berries with 1 cup sugar. Measure and use in place of equal amount of milk in plain recipe. Add a few drops of pink coloring. Add fruit after cream is partly frozen, so the mixture does not curdle and send the fruit to the bottom.

Jell-O Ice Cream (1 gal.).—3 eggs well beaten, 1 qt. cream, 1 qt. milk, 1 can condensed milk, 1 package **Jell-O ice cream powder**; add sugar (about 2 cups) and flavor to suit taste; strain through cloth. Beat all well before freezing.

Peach Ice Cream (2 qts.).—1 pt. *crushed* peaches (fresh or canned), 1 pt. cream, 1 pt. milk, 1 pt. sugar. If canned peaches are used, use $\frac{1}{2}$ pt. sugar. Be sure no large pieces of peach remain or they will seem sour and icy. Add fruit after cream is getting stiff.

Junket Ice Cream (2 qts.).—2 junket tablets, 2 tablespoons cold water, 1 qt. lukewarm milk, 1 cup sugar, $\frac{1}{8}$ teaspoon salt, 1 tablespoon vanilla, 1 cup cream. Dissolve the junket in the cold water. Add it to the milk, then add the remaining ingredients. Stir well a moment, then pour immediately into a freezer can. Let it stand undisturbed in a warm room about 20 minutes, until firm, then freeze the same as plain ice cream. If it separates, freezing makes it smooth. For **chocolate** flavor, cook to a paste: 1 square chocolate, 1 tablespoon sugar, 3 tablespoons hot water and add to the warm milk.

Mint Ice Cream.—1 pt. heavy cream, 1 pt. milk, 1 cup sugar, 1 teaspoon mint extract (not oil or essence). Mix milk and cream, add sugar and the flavoring, then freeze (2 or 3 drops of oil or essence of peppermint may be used in place of the extract, or $\frac{1}{4}$ cup Creme de Menthe). Add $\frac{1}{4}$ cup chopped pistachio nuts, if desired, and tint a delicate green with vegetable coloring.

Frozen Pineapple Custard (2 qts.).—Beat the yolks of 2

eggs with $\frac{2}{3}$ cup sugar, and stir into 1 pt. milk. Heat to near boiling point, stirring continually. When cold add 1 cup cream and 2 beaten whites. Place in the freezer and turn until nearly solid, then stir in 1 can grated pineapple which has stood for an hour with $\frac{1}{2}$ cup sugar.

Apricot Ice Cream (2 qts.).—1 pt. apricot pulp (or any other fruit), 1 pt. milk, 1 pt. cream or evaporated milk, $1\frac{1}{2}$ cups sugar. Mix and freeze.

Snow Ice Cream.—When it is snowing hard, set out a large dripping pan lined with a cloth. When filled, twist up the cloth, and put snow in large bowl. To about 3 solid qts., add $\frac{3}{4}$ cup rich milk, $\frac{3}{4}$ cup brown sugar, 2 round teaspoons cocoa, 1 teaspoon vanilla, and a speck of cinnamon. Maple syrup or cranberry sauce may also be mixed with snow, or a beaten egg, cream, and white sugar may be used with or without cocoa.

Butterscotch Ice Cream.—Cook to candied stage 4 tablespoons butter and 1 cup brown sugar; pour part of the above French Custard over it and let stand till dissolved; add rest of custard mixture and freeze. Good with butterscotch sauce.

Caramel Ice Cream.—Use the recipe for French Custard Vanilla Ice Cream, but caramelize half of the sugar by placing in a smooth iron frying-pan and stirring constantly until the sugar melts. Add extra sugar if necessary.

Burnt Almond Ice Cream.—Blanch and toast 1 cup almonds till light brown, or use sugar coated almonds. Chop fine and add to any cream recipe.

Macaroon Ice Cream.—Add 1 cup chopped dry macaroons to any 2-qt. ice cream recipe. Especially good with peach ice cream when 1 cup whipped cream is added before freezing.

Frozen Dainty.—Cook slightly 3 cups water and 2 cups sugar; let it cool. Add 3 bananas sliced, the strained juice of 3 oranges and 3 lemons. Fold in the stiffly beaten whites of 3 eggs. Freeze.

SHERBETS

(For directions see preceding pages.)

Fruit Milk Sherbets (2 qts.).—Use fruit juice or sieved pulp. To 2 cups of any unsweetened juice add 2 scant cups sugar, 3 tablespoons lemon juice, and 3 cups milk added slowly. Two stiff egg whites may be added when half frozen, or use 1 cup cream whipped stiff. (Less sugar is used for canned or very sweet fruit.)

Lemon Sherbet (3 pts.).—Dissolve $\frac{3}{4}$ cup sugar in 1 qt. milk; add $\frac{1}{2}$ cup sugar dissolved in juice of 3 lemons. Add beaten whites of 3 eggs when partly frozen.

Lemon Sour Cream Sherbet (3 pts.).— $1\frac{1}{2}$ cups sugar, $\frac{3}{4}$ cup lemon juice, 3 cups milk, $\frac{1}{2}$ pt. sour cream. Few grains salt.

Mix sugar, salt, and lemon juice, and add milk and cream gradually. Freeze, turning slowly and evenly.

Nut Sherbet.—1 qt. milk, 1 scant pt. sugar dissolved in juice, 1 orange, 2 lemons, 1 cup walnuts (after almost frozen).

Knox Fruit Sherbet (for 5).— $\frac{1}{2}$ envelope Knox Sparkling Gelatin (scant measure), $1\frac{1}{2}$ cups sugar, 1 orange, 3 cups rich milk, 1 lemon. Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak gelatin in part of cup of milk for five minutes, and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired.

Orange Cream Sherbet.—Mix $1\frac{1}{4}$ cups sugar and $1\frac{1}{2}$ cups orange juice, add gradually 2 cups milk, 1 cup cream, and a few grains salt. Freeze, using seven parts ice to one part salt and serve, or re-pack using more ice and salt and let stand to ripen until wanted. Serve in stemmed glasses, garnishing with orange sections and whipped cream.

Cranberry Sherbet (for 16).—1 quart cranberries, $4\frac{1}{2}$ cups water, 2 cups powdered sugar, 2 egg whites, 2 tablespoons lemon juice, 4 tablespoons lemon Jell-O or 1 tablespoon gelatin. Cook the cranberries in 3 cups of water until tender. Put through a sieve. Add enough water to make $4\frac{1}{2}$ cups. Add the sugar and boil two minutes. Pour over the Jell-O and stir until completely dissolved. Cool. Add the lemon juice. Pour into the freezer or the trays of an *iceless refrigerator*. When the mixture begins to freeze slightly, add the stiffly beaten egg whites. Stir in well. (Freeze for six hours, stirring at half-hour intervals for the first two hours if refrigerator is used.)

Banana Sherbet (2 qts.).—Chop or mash 3 *ripe* bananas. Add 5 cups rich milk, 2 egg yolks beaten with $1\frac{1}{2}$ cups sugar and 2 teaspoons vanilla. When half frozen fold in the beaten whites of 2 eggs.

Rhubarb Sherbet (1 qt.).—Cut 1 lb. young rhubarb in small pieces and place in the casserole with $1\frac{1}{4}$ cups sugar, $1\frac{1}{2}$ cups water, and $2\frac{1}{2}$ tablespoons of chopped preserved ginger. Cook until very tender. Then stir in 1 teaspoon gelatin softened in 1 tablespoon cold water. Stir until dissolved. Cool. Add 1 tablespoon lemon juice and the stiffly beaten whites of 2 eggs. Freeze. The amount may be doubled by adding $\frac{1}{2}$ pt. cream, whipped, sweetened, and added just before freezing.

ICES AND FRAPPÉS

No matter what other fruit is to be used in flavoring the water ice, the juice of a lemon per qt. of liquid will improve it. Never,

if you wish the ice to be richly flavored and delicate, use uncooked sugar for sweetening it. Always boil the sugar and water together to a syrup, and, while it is cooling, add the fruit juices. Then strain and, when it is cold, freeze the mixture. A further improvement may be effected by adding a little gelatin—a teaspoon to a qt. Dissolve the gelatin in a little cold water; melt it over hot water, and stir into the liquid just before placing it in the freezer.

Fruit Ice (2 qts. any flavor).—Boil 4 cups water with 2 cups sugar five minutes ($\frac{1}{2}$ cup less sugar for mild juice. If fruit syrup is used just dilute with water to taste). Add 1 cup orange, *berry*, or any juice except lemon—using $\frac{2}{3}$ cup lemon. Chill and strain. If beaten egg white is used, add when mixture is almost frozen. $\frac{1}{4}$ lb. candied ginger is good added to lemon ice (when partly frozen to keep it from staying in the bottom).

Peach Ice.—1 pt. crushed peaches, juice of orange and juice of 1 lemon, $1\frac{1}{2}$ cups sugar, whites 2 eggs well beaten, 1 cup water. Mix well and freeze.

Orange Ice (2 qts.).—Make a syrup by adding 2 cups sugar to 1 qt. boiling water and boil for five minutes. Cool. Add 2 cups orange juice, grated rind of 2 oranges, and $\frac{1}{4}$ cup lemon juice. Strain and freeze.

Fluffy Orange Ice (for 25 or 30).—7 oranges, 2 lemons, whites 4 eggs. Boil $2\frac{1}{2}$ pts. sugar in $2\frac{1}{2}$ qts. water about fifteen or twenty minutes. Cool. Add strained juice and let cool; when almost frozen add beaten egg whites, freeze again. This will make about 5 qts. of ice. Serve in sherbet glasses or orange cups.

Raspberry-and-Currant Ice (2 qts.).—2 cups sugar, $1\frac{1}{4}$ cups currant juice, 1 qt. water, $\frac{3}{4}$ cup raspberry juice. At least 1 qt. each of the berries and currants will be needed to give the required amount of juice. Sprinkle $\frac{1}{2}$ cup of the sugar over them, mash and let stand for one hour. Strain through a fine sieve or cheesecloth. Make a syrup of the remaining sugar and the water. Add the fruit juice, strain, cool, and freeze.

Raspberry Ice (2 qts.).—4 cups water, $1\frac{2}{3}$ cups sugar, 2 cups raspberry juice, 2 tablespoons lemon juice. Make a syrup as for other ices, cool, add raspberries mashed, and squeeze through cheesecloth, add lemon juice; strain, and freeze.

Pineapple Ice (for 12).—3 cups sugar, 3 cups water, 2 oranges (juice), 2 lemons (juice), 1 cup shredded pineapple, 2 qts. milk. Boil sugar and water, add lemon and orange juice, and pineapple, and put in freezer. When it starts to freeze, add milk and finish.

Grape Frappé.—4 cups water, 2 cups sugar, 2 cups grape juice, $\frac{2}{3}$ cup orange juice, $\frac{1}{4}$ cup lemon juice. Make a syrup by boiling water and sugar fifteen minutes; add juices; cool, strain, and add ice water, and freeze to a mush, using equal parts of ice

and salt. For firmer texture, add 1 teaspoon softened gelatin before freezing.

ICELESS REFRIGERATOR RECIPES

(Freezer or Molds may be used.)

The iceless refrigerator may be used for chilling or freezing an unlimited variety of salads and desserts. Whipped cream gives lightness and smoothness to the frozen mixtures. A small amount of gelatin keeps them free from ice particles. Thorough and regular beating about every half hour is necessary to make satisfactory sherbets and ices. Their texture is improved by making a syrup of the sugar used. The sweeter the mixture, the longer it takes to freeze. Extra sugar must be allowed for frozen dishes, as they lose sweetness in freezing.

Mousses, Parfaits, and the Miscellaneous Frozen Desserts are most satisfactory for the iceless refrigerator method of freezing, as they need no stirring while freezing.

Powdered sugar makes a smoother product than the granulated sugar in mixtures that are not heated or stirred.

The following desserts are especially suitable for freezing in the iceless refrigerator. Also see Sherbets and Frozen Fruit Salads.

By adding $\frac{3}{4}$ tablespoon gelatin to a quart of liquid, **tomato soup, consommé, or bouillon** may be frozen in two or three hours, and used as an appetizer. **Fruit cocktail** may be frozen to a mushy consistency in about one hour. It becomes icy if frozen solid.

Ice blocks may be colored, flavored and made of water or fruit juice sweetened to suit taste. They lose part of the flavor when frozen, so a generous amount should be used.

Spiced Ice Blocks.—Put in small saucepan 1 cup water and $\frac{1}{2}$ cup sugar. Heat to boiling point and, when sugar is dissolved, add 1 tablespoon whole cloves and a 2-inch piece stick cinnamon broken in pieces. Boil ten minutes. Add juice of 2 lemons and water to make 3 cups. Strain through fine strainer into mold, put a maraschino cherry into half the portions, $\frac{1}{2}$ slice lemon with skin removed in remaining divisions, and freeze as suggested above. Make strong tea, cool slightly and serve in glasses with 2 cubes of ice.

Raspberry or Pineapple Ice Blocks.—Mix 2 cups raspberries or crushed pineapple with $\frac{1}{2}$ cup sugar, mash and strain through fine sieve. Pour 2 cups cold water through the sieve to dilute the syrup. Freeze as suggested above and serve 1 or 2 blocks in each glass of lemonade.

Pineapple Ice Blocks.—Dilute 1 small can crushed pineapple

with 1 cup cold water and freeze as suggested above. Serve in lemonade, tea, or ginger ale.

MOUSSES

Whipped cream, sweetened, flavored, and frozen with (or without) a small amount of gelatin may be called mousse. Other ingredients may be added. Since these mixtures are rich and light they freeze without being too solid or icy when packed from three to six hours, in 2 parts ice to 1 part salt, or frozen in the *iceless refrigerator*.

Plain Mousse (1 qt.).—Beat 1 pt. whipping cream till stiff; gradually beating in $\frac{1}{2}$ cup powdered sugar, 1 teaspoon vanilla and a few grains of salt. 2 tablespoons **Jell-O** or 1 teaspoon gelatin dissolved in 4 tablespoons boiling water may be cooled and added, while still liquid. 1 or more eggs, beaten separately, may be added.

Variations for Mousse.—Add *one or more* of the following for each pt. of whipping cream used; blending them carefully with the whipped cream mixture:

$\frac{2}{3}$ cup rolled **macaroon crumbs**.

1 or 2 cups broken **meringue kisses** (then called *Chantilly Mousse*).

$\frac{1}{2}$ lb. **marshmallows** cut small.

2 to 4 tablespoons **lemon juice** or $\frac{1}{2}$ cup **mild fruit** juice, with an extra $\frac{1}{2}$ cup sugar and 1 teaspoon dissolved gelatin.

$\frac{1}{2}$ cup strong **coffee** sweetened with $\frac{1}{4}$ cup sugar and chilled to a thick liquid with 1 teaspoon dissolved gelatin (*Mocha Mousse*).

1 cup **nuts** or **candied fruit** (pineapple and cherries).

1 cup chopped, sweetened, and drained **fresh fruit**. If $\frac{1}{2}$ teaspoon gelatin is added, perfect draining is not necessary.

$\frac{1}{2}$ lb. **peanut brittle** put through the food grinder (*Peanut Bisque*).

$\frac{1}{4}$ cup granulated **sugar** **carmelized** and added to $\frac{1}{2}$ cup boiling water and 1 scant teaspoon gelatin, then cooled (*Caramel Mousse*).

1 square melted **chocolate** blended with $\frac{1}{4}$ cup hot milk and $\frac{1}{4}$ cup sugar.

$\frac{1}{2}$ cup **maple syrup** instead of the powdered sugar.

Pineapple Mousse (for 8).—1 tablespoon granulated gelatin

soaked in $\frac{1}{4}$ cup cold water; 1 cup pineapple syrup (dice the fruit), 2 tablespoons lemon juice, 1 cup sugar, 1 pt. whipping cream. Heat juice; add soaked gelatin, lemon juice, and sugar. Strain and cool. As mixture thickens, fold in whipped cream and diced pineapple. Pack in salt and ice and let stand four hours. Or, freeze in *iceless refrigerator* three or four hours.

Raspberry Mousse (for 8).—Press enough raspberries through a sieve to produce 1 cup pulp. Add to this the juice of $\frac{1}{2}$ lemon, and $\frac{1}{2}$ cup sugar. Stir till the sugar is dissolved. Chill the liquid well, then add it to 1 pt. heavy cream which has been stiffly whipped and mixed with $\frac{3}{4}$ cup powdered sugar. When well mixed turn the mousse into a mold; cover closely with paper, then with a tightly fitting cover, and pack in ice and salt. (2 cups ice to 1 cup salt.) Or freeze in *iceless refrigerator* three hours.

Marshmallow Mint Mousse.— $\frac{1}{2}$ pint cream, 4 level tablespoons sugar, few grains salt, 1 drop of peppermint, green color paste. Beat cream until stiff, gradually beating in sugar and salt. Add flavoring, and color a delicate green. Freeze in *iceless refrigerator* or pack in ice and salt and leave for three hours. Serve with the following sauce:

Marshmallow Mint Sauce.— $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup water 8 marshmallows, 1 egg white, 1 drop oil of peppermint. Put sugar and water in saucepan and boil five minutes. Add marshmallows cut in pieces with scissors dipped frequently in hot water to keep them from becoming sticky. Let stand two minutes away from fire and pour slowly onto egg white beaten stiff. Flavor with a drop or two of oil of peppermint.

Velvet Mousse (for 8).— $1\frac{1}{2}$ cups crushed fruit, fresh or canned peaches, apricots, or berries; 1 cup thin cream, 1 cup whipping cream, $\frac{1}{2}$ cup sugar, 2 tablespoons lemon juice, whites of 2 eggs stiffly beaten, 1 teaspoon gelatin. Soak for five minutes 1 teaspoon of gelatin in 3 tablespoons of cold water, and then dissolve over a kettle of hot water. Whip cream until stiff, fold into the fruit mixture just before folding in the beaten egg whites. Time required for freezing, four to five hours.

Refrigerator Ice Cream (for 10).—Make a thin paste of $\frac{3}{4}$ cup powdered sugar, $1\frac{1}{2}$ tablespoons flour, and $\frac{1}{2}$ cup milk. Scald $1\frac{1}{2}$ cups milk and add the paste. Cook until slightly thickened. Add $\frac{1}{8}$ (scant) teaspoon salt to 2 slightly beaten eggs and pour the hot mixture over them slowly, stirring constantly. Pour back into double boiler and cook a few minutes, to the consistency of thin custard. Add 1 teaspoon lemon Jell-O or gelatin, stir until dissolved, then cool the mixture before adding 1 pt. of whipping cream, stiffly beaten, flavored with 1 teaspoon vanilla. Pour into the trays, garnish with nuts or fruit if desired, and freeze four or five hours.

Grape Mousse (for 8).—Beat 2 egg whites stiff and dry,

gradually add $1\frac{1}{2}$ cups sweet grape juice, $\frac{1}{2}$ cup powdered sugar, and 1 pt. cream whipped stiff. Pack in ice and salt (2 to 1) or freeze in refrigerator four hours.

Orange Mousse.—1 cup sugar, grated rind 1 orange, $\frac{1}{4}$ cup of water, $\frac{1}{4}$ tablespoon gelatin, 2 tablespoons cold water, $\frac{3}{4}$ cup orange juice, 3 tablespoons lemon juice, 2 cups heavy cream, $\frac{1}{4}$ cup candied cherries. Put sugar, orange rind, and water into saucepan and boil one minute. Add gelatin soaked in cold water; when dissolved add orange juice and lemon juice. Place on ice; when it begins to thicken fold in heavy cream beaten stiff, and candied cherries cut in pieces. Turn into iceless refrigerator or a mold, cover, pack in ice and salt, and leave three hours. Cut in 10 slices for serving.

PARFAITS

Parfaits, which are richer than mousses, are made by pouring hot syrup slowly over beaten egg yolks or whites and when cold folding in whipped cream and flavoring. The syrup may be of sugar with water, coffee, or fruit juice, cooked as for a frosting, but with a shorter thread.

Maple Parfait.—Beat yolks of 3 to 6 eggs until light; add $\frac{3}{4}$ cup maple syrup. Place mixture on stove and stir constantly until eggs have thickened enough to make thick coating on spoon. Turn into large bowl, beating until cold. Whip 1 pt. cream and mix with egg mixture. Put in freezer, pack, and let stand for three or four hours. (Use 2 parts ice to 1 part salt.) Or freeze in *iceless refrigerator* about three hours.

Caramel Nut Parfait (1 qt.).— $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup water, 2 yolks, $\frac{1}{2}$ teaspoon vanilla, 2 tablespoons brown sugar, $\frac{1}{4}$ teaspoon salt, 2 cups cream, $\frac{3}{4}$ cup chopped almonds. Melt the white sugar over fire and add boiling water. Beat yolks with brown sugar and add caramel. Cook carefully five minutes. Cool and add vanilla. Whip cream and pack all in freezer, or mold, or *iceless refrigerator* four hours.

Golden Parfait (2 qts.).—1 cup sugar, $1\frac{1}{2}$ cups water, 6 egg yolks, 2 teaspoons gelatin, 1 teaspoon vanilla, 1 pt. heavy cream. Soften the gelatin in cold water to cover. In the meantime, boil the sugar and water together five minutes, and pour slowly over the beaten egg yolks; cook over boiling water, stirring constantly, until the mixture coats the spoon. Add the gelatin, chill and, when beginning to congeal, fold in the vanilla and the cream, whipped stiff; transfer to a tray of the iceless refrigerator and freeze five to six hours.

Raspberry or Strawberry Parfait.—Wash 1 pt. strawberries (or any other berries), hull and mash. Sprinkle with $\frac{1}{2}$ cup sugar, cover and let stand until sugar is dissolved, then force through

fine strainer. Put $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup water in saucepan. Stir until mixture boils, and boil until syrup spins a short thread. Add very slowly, while beating, to 2 egg whites beaten until stiff. When cool fold in $\frac{1}{2}$ pt. cream beaten stiff, and the strawberry pulp. Freeze as suggested above. Other berry parfaits are made like strawberry parfait, using loganberries, raspberries, or blackberries in place of the strawberries. (1 qt.)

Apricot (or Any Canned Fruit) Parfait.—Drain syrup from 1 can apricots (or other fruit) and put half of it in saucepan with $\frac{1}{3}$ cup sugar. Stir and boil until thick and, slowly beating all the time, pour onto 2 egg whites beaten stiff. Add $\frac{1}{2}$ the apricots rubbed through a sieve, $\frac{1}{2}$ tablespoon gelatin soaked in 2 tablespoons cold water and dissolved over hot water, 2 tablespoons lemon juice and few grains salt. Set bowl in pan of ice water, fold gently over and over until mixture begins to stiffen, then fold in $\frac{1}{2}$ pt. cream beaten stiff. Freeze. (Serves 8.)

Coffee-Pecan Parfait.—Put $\frac{1}{2}$ cup cold water and 1 tablespoon ground coffee in saucepan. Heat slowly, boil two minutes, strain through cheesecloth onto $\frac{1}{2}$ cup sugar, stir until sugar is dissolved, and boil until it spins a short thread. Pour onto 3 egg yolks, beaten light, in top of small double boiler. Cook over hot water, stirring constantly until mixture thickens. Remove from fire, fold in 3 egg whites beaten stiff, add few grains salt and fold into $\frac{1}{2}$ pt. cream beaten stiff. Add $\frac{1}{3}$ cup pecan nut meats. Freeze. (1 qt.)

Peach Parfait.—1 cup sugar, $\frac{1}{2}$ cup water, whites 2 eggs, 1 pt. cream, 1 pt. peaches.

Boil sugar and water until the syrup threads. Pour the syrup slowly over the beaten whites of eggs and beat until the mixture is cool. Add the peaches, which have been put through a coarse sieve. Fold in the cream, whipped until stiff. Turn into *iceless refrigerator trays* or mold, place paraffined paper over the top, cover and seal the mold with a hard fat. Pack in salt and ice and let stand three hours. (2 qts.)

MISCELLANEOUS FROZEN DESSERTS

Pistachio Ice Cream (2 qts.).—Scald 2 cups whole milk and 1 cup evaporated milk. Add to 1 cup sugar mixed with 3 egg yolks. Cook in *double boiler* (as it is likely to scorch or over-cook) till slightly thickened. Remove from heat. Cool, then add a few grains salt, 2 teaspoons vanilla extract, $\frac{1}{2}$ pt. whipping cream beaten stiff, and 2 scant cups pistachio nuts (chopped) or use 1 lb. pistachio nougat forced through the food chopper, and add it before folding in the cream. Freeze in a 1 to 6 ice and salt mixture—with or without turning—or pour into the *iceless refrigerator* trays.

It is delicious with any method of freezing, although smoother if stirred at least occasionally, when not turned. A few drops of green coloring may be added.

Burnt Almond Frozen Cream (for 8).— $\frac{5}{8}$ cup sugar, $\frac{1}{2}$ cup boiling water, 1 cup evaporated milk, pinch salt, 1 egg, 1 teaspoon gelatin, 1 cup cream, $\frac{1}{2}$ cup chopped roasted almonds, 1 teaspoon vanilla, 1 tablespoon cold water. Put $\frac{1}{2}$ cup of the sugar in a heavy pan, and stir until melted and golden brown in color. Add boiling water and simmer until sugar is dissolved. Add evaporated milk, salt, and egg beaten with the remaining 2 tablespoons of sugar. Cook until thickened. Add gelatin softened in cold water. Chill thoroughly and fold in the cream which has been beaten until stiff. Add nuts and vanilla. Freeze same as plain cream or put into tray of the *iceless refrigerator* and freeze, stirring vigorously at half-hour intervals until nearly frozen.

Prune and Nut Ice Cream (2 qts.).—Soak 1 lb. of prunes over night in 1 qt. of cold water. Cook until soft in same water, adding to it if it boils away. Remove stones, put pulp through a sieve. Add 1 lb. of sugar, $\frac{1}{2}$ cup of lemon juice, $\frac{1}{2}$ cup of chopped nuts, $\frac{1}{2}$ pt. of thick cream whipped stiff, and $\frac{1}{4}$ teaspoon of salt. Freeze as any other ice cream. Or, add 1 teaspoon soaked gelatin and freeze three hours in *iceless refrigerator*.

Almond Frost (12).—2 cups whipping cream, $\frac{1}{2}$ cup sugar syrup, 1 cup of blanched splintered almonds, $\frac{1}{3}$ cup of lime or lemon juice, 5 egg whites, 1 teaspoon of almond extract, $\frac{1}{8}$ teaspoon of salt. Whip egg whites and, without stopping the process, pour the sugar syrup over them. Add splintered almonds, lime juice, extract, salt, and whipped cream. Freeze in molds or in *iceless refrigerator* trays about three hours without stirring. Serve in chilled glasses with 2 or 3 marshmallow slices on top, finishing with a glacé violet in the center of each slice. The sugar syrup is made by boiling 1 cup sugar with $\frac{1}{2}$ cup water to thread stage.

Frozen Caramel Custard.—1 qt. milk, 1 pt. cream, $1\frac{1}{3}$ cup sugar, few grains salt, 1 teaspoon gelatin, 1 cup hot water, 1 tablespoon vanilla.

Soak gelatin in a little cold milk. Put about half of the sugar in saucepan and brown, stirring constantly. Add hot water and cook until caramel is dissolved. Cool, then stir the caramel and the gelatin into the heated milk, add other ingredients and, when cool, freeze same as plain cream, or place in *iceless refrigerator*.

Walnut Bisque (2 qts.).—1 pt. cream whipped or 1 large can evaporated milk heated and whipped, 5 egg whites beaten, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup chopped walnuts. Mix and freeze in snow, or freezer, or *iceless refrigerator*.

Frozen Cherry Pudding.—2 cups evaporated milk, $\frac{2}{3}$ cup sour cherries (measured when stoned and chopped up), $1\frac{1}{4}$ cups sugar, $\frac{2}{3}$ cup hot water, 1 teaspoon gelatin, 2 egg whites. Cover gelatin

with cold water and let stand until soft. Cook cherries and sugar until sugar is dissolved. Add hot water and let come to a boil. Add gelatin and remove from fire at once, stirring until gelatin is dissolved. Let cool and place on ice. When it begins to thicken, mix with the cold milk and unbeaten egg whites. Place in bowl of ice and beat with Dover beater until stiff. Pack—do not turn freezer. Or freeze in iceless refrigerator four hours. (Serves 10.)

Frozen Prune Salad (for 6).—Fold 1 cup of stiffly whipped heavy cream (measured after whipping) into $\frac{1}{2}$ cup of mayonnaise or boiled salad dressing. Soak 1 teaspoon of granulated gelatin in 2 teaspoons of cold water for several minutes, then dissolve it in $\frac{1}{4}$ cup of boiling water; cool to the tepid stage and stir it into the cream-mayonnaise mixture. Turn this over twelve large cooked and stoned prunes arranged in two rows, 6 prunes in each row, in the bottom of a tray in the electric refrigerator. Chill for one hour without stirring. Cut into squares and serve two for each portion.

Biscuit (bis'kwee) Glacé.—1 cup sugar, $\frac{1}{4}$ cup water, 4 egg yolks, $3\frac{1}{3}$ cups cream, 1 teaspoon vanilla, pulverized macaroons. Make thick syrup of sugar and water. Beat yolks of eggs and add the syrup and $\frac{1}{2}$ cup of the cream. Place all in a saucepan over a slow fire and stir constantly until it forms a thick coating on the spoon. Empty into a mixing bowl, set on ice, beat until it is cold and stiff, and then add the remainder of the cream beaten very stiff. Flavor with vanilla or any preferred extract.

Pack the mixture in small paper boxes, sprinkle with pulverized macaroons, and set in a covered container. Pack in ice and salt and let stand for four hours.

Frozen Fruit Whip (for 40).—1 pt. lemon Jell-O or gelatin made with water or fruit juices or syrup from canned fruit. Chill till almost stiff, then whip; 1 cup sugar dissolved in water or other liquid used in the gelatin; 2 ripe bananas mashed and whipped; 1 large can sliced pineapple drained and cut into small pieces; 1 small bottle maraschino cherries cut into pieces; 1 small can peaches, sliced thin or cut into very small pieces. 1 pt. whipping cream whipped stiff. Add a few nuts if desired. Mix all ingredients in order named, folding each one in lightly. Pack in 2 parts ice to 1 part salt, or freeze in *iceless refrigerator trays* for about three hours.

Lord Kelvin Club Dessert (for 40 to 45).—Drain and halve 1 small bottle maraschino cherries. These are used for a garnish and should be drained well so the juice does not discolor the cream as it freezes.

Drain 1 tiny can sliced peaches, 1 large can sliced pineapple, and 1 large can pears. Cut pears and pineapple into small pieces; add $\frac{1}{2}$ doz. sliced ripe bananas, and $1\frac{1}{2}$ cups broken nut meats; add juice of 2 lemons mixed with 1 cup sugar; Whip 1 qt. heavy

cream. Spread the fruit mixture and whipped cream lightly in alternate layers in the *trays of the Kelvinator*; put the cherries on top. Freeze from three to five hours. It should freeze till firm, but not too solid. The fruit juices may be mixed with 1 round tablespoon gelatin, 4 tablespoons sugar, and frozen as a frappé or they may be used in punch.

NESSELRODE PUDDING

3 cups milk	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	1 pint thin cream
Yolks 5 eggs	$\frac{1}{4}$ cup pineapple syrup
$1\frac{1}{2}$ cups prepared French chestnuts	

Make custard of first four ingredients, strain, cool, add cream, pineapple syrup, and chestnuts; then freeze. To prepare chestnuts, shell, cook in boiling water until soft, and force through a strainer. Line a 2 qt. melon mold with part of mixture; to remainder add $\frac{1}{2}$ cup candied fruit cut in small pieces, $\frac{1}{4}$ cup Sultana raisins, and 8 chestnuts broken in pieces, first soaked several hours in maraschino syrup. Fill mold, cover, pack in salt and ice, or use *iceless refrigerator* and let stand two hours. Serve with whipped cream, sweetened and flavored with maraschino syrup.

Ice Cream Sauces

Plain Fruit Sauce.—Boil together 1 cup sugar with $\frac{1}{2}$ cup water five minutes. When cool add 2 cups crushed fruit. Stir well together and serve over vanilla ice cream.

Foamy Fruit Sauce.—Beat whites of 3 eggs with a few grains of salt till stiff and dry. Then beat in gradually $\frac{3}{4}$ cup powdered sugar and $\frac{3}{4}$ cup any fruit juice or crushed fruit. Pour over plain ice cream. (Prepare just before serving.)

Pineapple or Mixed Fruit Sauce.—Cook 1 cup sugar and $\frac{1}{3}$ cup water until it spins long thread. Add $\frac{2}{3}$ cup crushed pineapple, $\frac{1}{3}$ cup maraschino cherries (chopped), 4 tablespoons of their juice, 2 tablespoons lemon juice, and a few grains salt. Bring to boiling point and chill.

Strawberry Sauce.—Wash and top 3 cups ripe strawberries. Place the berries in a saucepan with 1 cup water and $1\frac{1}{4}$ cups sugar. Cook gently, skimming carefully, and cook until all the berries are soft and broken. Then take 2 teaspoons of cornstarch and dissolve in a very little water and turn into the syrup. Stir constantly as it thickens to a honey-like consistency. Then remove from the fire and cool naturally. Do not ice the sauce, or it will get too stiff. Serve freely over the ice cream.

Melba Sauce.—Mix 1 cup red raspberry juice, 1 cup sugar, and juice 1 lemon. Let stand in warm place one hour, then add 1 cup powdered sugar. Chill in ice, stirring occasionally or use beater.

Caramel Sauce for Ice Cream.—Put in saucepan $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup corn syrup, and 1 cup cream. Mix and boil, stirring occasionally until of right consistency. Add $\frac{3}{4}$ teaspoon vanilla and $\frac{1}{8}$ teaspoon salt. Leave over hot water until ready to serve.

Butterscotch Cream Sauce.—Put in saucepan $1\frac{1}{4}$ cups brown sugar, $\frac{2}{3}$ cup corn syrup, and 4 tablespoons butter. Boil to thick syrup (230° F.) and add $\frac{3}{4}$ cup thin cream. Serve on ice cream and sprinkle with chopped nuts. Stir before using.

Butterscotch Sauce (for 6).—Mix 1 cup brown sugar, $\frac{1}{4}$ cup water, 2 teaspoons lemon juice, and 2 tablespoons butter. Heat slowly till sugar melts, then boil gently to very soft ball stage (232° F.). It thickens if allowed to cool. Keep over warm water till used. This congeals on the ice cream. If desired thinner, add about $\frac{1}{2}$ cup hot water when the sauce reaches 232° F. and cook a minute longer. This will not thicken if cooled.

Maple-Pecan Sauce.—Boil $\frac{3}{4}$ cup maple syrup and 2 tablespoons butter to 232° F. or until it forms a very soft ball. Remove from fire and add slowly $\frac{1}{4}$ cup heavy cream. Keep hot over hot water until ready to serve, then add $\frac{1}{4}$ cup pecan nut meats.

Chocolate Cream Sauce (1 pt.).—Mix 1 cup sugar, $\frac{1}{4}$ cup water and 3 tablespoons corn syrup. Boil to 234° F., or until it forms a soft ball when tried in cold water. Add slowly to 3 squares chocolate melted over hot water, add 1 cup evaporated milk or 1 cup cream, and $\frac{1}{2}$ cup fondant and boil one minute, stirring constantly. Add 1 teaspoon vanilla and serve, hot or cold, over vanilla ice cream. ($\frac{1}{4}$ lb. melted chocolate creams may be used instead of fondant and 1 square of the chocolate.)

Chocolate Marshmallow Sauce ($1\frac{1}{2}$ cups).—1 square chocolate, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup corn syrup, $\frac{1}{2}$ cup boiling water, 1 tablespoon butter, 1 teaspoon vanilla, speck salt, $\frac{1}{2}$ cup diced marshmallows. Melt chocolate, add sugar, syrup, salt, and slowly add the boiling water. Stir until the sugar dissolves and boil five minutes. Add butter, vanilla, and chopped marshmallows.

Rich Hot Fudge (3 cups).—Mix 3 cups sugar and 3 heaping tablespoons cocoa, add 1 can evaporated milk and 1 cup water. Boil to desired thickness. Serve hot.

Thin Hot Fudge (1 qt.).— $\frac{1}{2}$ cup cocoa (or $\frac{1}{4}$ lb. bitter chocolate), $2\frac{1}{2}$ cups sugar, 2 teaspoons cornstarch, $\frac{1}{4}$ teaspoon salt, 3 cups boiling water. Cook to desired thickness. May be used for flavoring milk shakes.

Bittersweet Chocolate Sauce (1 cup).—Mix $\frac{1}{4}$ cup sugar ($\frac{1}{2}$ cup if liked sweeter) with 2 heaping tablespoons cocoa (or 2 squares bitter chocolate), and 1 round teaspoon cornstarch and pinch of salt. Add enough water for thick paste then add 1 cup boiling water and boil about three minutes. Add 1 teaspoon vanilla and serve hot. (2 tablespoons of this sauce added to 1 cup hot milk will make 1 cup cocoa.)

Vanilla Sauce.—1 cup sugar, $\frac{1}{2}$ cup water, 1 pt. cream, 1 teaspoon vanilla. Boil sugar and water eight minutes; let cool and add cream and vanilla. Serve with chocolate or strawberry ice cream.

Marshmallow Sauce.— $\frac{1}{2}$ lb. marshmallows, 2 cups confectioner's sugar, $\frac{3}{4}$ cup boiling water. Cut marshmallows and place in top of double boiler. Add water and sugar and stir until smooth. Cook five minutes. (30 marshmallows equal $\frac{1}{2}$ lb.)

Pineapple Mint Sauce.—Boil 2 cups sugar and $\frac{1}{2}$ cup water to a thick syrup. Add a bit of green coloring. When cool, add 1 drop oil of peppermint and 1 cup drained, crushed pineapple.

Extra Recipes

Iced Refreshment Suggestions

(See Sandwiches, Beverages, Cookies, Cakes, Salads, and Refreshment Combinations)

FLOATS

(Serve with sandwiches or cake)

These usually consist of a cold drink with a spoon of ice cream, whipped cream, or sherbet stirred in and served in a tall glass with a glass spoon or straw. A cherry, berry, candied fruit, or mint leaf may be added.

Chocolate Float.—Iced chocolate, whipped cream, a scoop of vanilla or chocolate ice cream.

Raspberry Float.—Lemonade, raspberry ice, whipped cream.

Mint Float.—Make *mint syrup* by boiling $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup lemon juice, and 6 tablespoons chopped mint leaves for 5 minutes. Let stand several hours at least. Color green. Add 1 tablespoon mint syrup and a scoop of lemon ice to each glass of ginger ale.

Brown Float.—Add a scoop of vanilla ice cream to each glass of root beer or ginger ale. Stir.

SUNDAES

(Serve with cake, cookies, or wafers and coffee)

For Maple, Pecan, Hot Fudge, or Marshmallow or Fruit Sundaes see preceding page for Sauces.

One or two scoops of ice cream are put in the glass, the sauce poured over, and the garnish added.

Broadway Almond Sundae.—Ice cream, chocolate, or butter-scotch sauce, toasted almonds.

Cardinal Cream.—Chocolate ice cream, whipped cream, chocolate shot, maraschino cherry.

Malt Sundae.—Vanilla ice cream, chocolate sauce, malted milk (powder).

Fruit Sundaes.—Vanilla ice cream, fruit nut sauce. Equal amounts of dates (stoned), preserved figs with their syrup, and blanched, toasted almonds. Or, a fruit sauce (preceding page) or one of the following combinations:

1. Chopped figs, dates, and nuts mixed with maple syrup.
2. Crushed strawberries or raspberries. Top with whipped cream and a whole berry.

3. Crushed cherries and marshmallow sauce. Sprinkle with cocoanut.

4. Sliced peaches, whipped cream, a cherry or chopped pecans.

5. Half a canned peach or apricot, whole or sliced, covered with strawberry or raspberry preserves, or whipped cream, a cherry and broken pecans.

6. Pineapple honey (see recipe) or orange marmalade.

Pistachio Sundae.—Sprinkle ice cream with crumbled macaroons or meringue kisses and chopped pistachio nuts. A bit of mint syrup (see Mint Float, above) may be added.

ICE CREAM SANDWICHES

These are made with two slices of cake: angel cake, gold cake, chocolate cake, sweet wafers, cookies, meringues, or sponge cake, with a slice of ice cream between, a sauce poured over, and a garnish added. The sauce may be maple syrup, preserved fruits, or an ice cream or pudding sauce.

Caramel Ice Cream Shortcake.—Two slices gold cake, caramel ice cream, caramel sauce, toasted almonds.

Angel Strawberry Shortcake.—Two slices angel cake, strawberry ice cream, crushed sweetened strawberries.

Chocolate Ice Cream Shortcake.—Two slices chocolate cake, vanilla or chocolate ice cream, marshmallow sauce, chocolate sauce, chopped nuts.

Gold Sandwiches.—Vanilla ice cream between slices of gold cake, covered with chocolate sauce and pecans.

Neapolitan Sandwich.—Two slices white loaf or sheet cake with a slice of Neapolitan brick cream between, chocolate cream sauce poured over and garnished with nuts.

FANCY ÉCLAIRS

Bake éclairs (cream puff shells shaped oblong). Cut them from top to bottom, put a long piece of ice cream between, and garnish as desired. Meringue kisses may be used instead of éclairs.

Fudge Éclair.—Éclair, chocolate or vanilla ice cream, hot fudge sauce, chopped nuts.

Butterscotch Éclair.—Éclair, ice cream, butterscotch sauce, pecans.

PEACH MELBA

Place a slice of very firm ice cream on a dessert plate and lay half of a preserved peach over it. Then pour Melba Sauce over all, and top with whipped cream.

PEACH (OR OTHER FRUIT) MERINGUE

Put a scoop of ice cream (any preferred flavor) on a meringue kiss; surround with halves or slices of canned peaches, cover with the peach syrup and garnish with whipped cream, chopped nuts, a cherry or candied violet or any preserved fruit.

Refreshment Combinations for Parties or Afternoon Teas

(Also see Iced Refreshment Suggestions)

A glance through Salads, Sandwiches, Cookies, Cakes, or Beverages will give scores of suggestions in selecting refreshments.

Chicken, veal or fish salad, salted wafers or hot rolls, pickles, mints, coffee.

Jellied fruit or vegetable salad, Marguerites, tea or coffee.

Brick or molded ice cream, salted nuts, sweet wafers, Brownies or Burnt Sugar Cake, coffee.

A chilled dessert, Date Bars or Almond Cookies, grape juice.

Crumb Cake or Sponge Drops, nuts, lemonade or any iced drink.

Welsh Rarebit, crackers, gherkins, coffee.

Browned cheese sandwiches or cheese toast, olives, coffee.

Cinnamon or peanut butter toast, hot cocoa or chocolate.

Raisin or fancy bread and butter, cookies, Strawberry Fluff, coffee or cold drink.

Meat, cheese or olive sandwiches with coffee, or sweet (date, marmalade or jelly) sandwiches and wafers with tea or cocoa.

Gingerbread or cookies, cider or punch.

Pineapple Torte, or Schaum Torte, ice cream with strawberry sauce, salted nuts, coffee.

Chocolate Éclairs or Meringue Kisses filled with whipped or ice cream, coffee.

Shoofly or Crumb Pie, or Blitz Torte with whipped cream, cocoa or hot chocolate.

Pumpkin pie or gingerbread with whipped cream, salted nuts, coffee.

French pastry cakes, Heavenly Cake, or Date Torte with whipped cream, coffee or punch.

Refrigerator Cake, Angel or Blitz Almond Cake, punch or coffee.

Assorted Sandwiches: Nut bread and butter, ribbon sand-

wiches, white bread with pineapple or chocolate filling (same as used for cake), mints, tea.

Date Bread or Date Rolls, or Party Bread and butter, Chocolate Drop Cookies or Sand Tarts, Bavarian Cream, coffee.

Waffle Tea Cakes, Cranberry Sherbet or Grape Mousse, salted nuts, coffee.

Custard Nut Cake, mints, coffee or hot chocolate.

Blackstone Cinnamon Apples with whipped cream, chopped nuts, Brown Sugar Crumb Cake, coffee or brown float.

Frozen Fruit Whip or Lord Kelvin Dessert, wafers or plain cookies, salted nuts, coffee or lemonade.

Peach Meringue, salted nuts, Velvet Cake, coffee.

Meringue Kisses with ice cream, butterscotch sauce, whipped cream and a cherry, salted nuts, coffee.

Chocolate Plum Pudding, filled cookies, tea, coffee, or punch.

Raspberry Parfait, Ring Cookies or Vanilla Cakes, Hickory Nut Cookies, coffee.

Boston Cream Cake or Strawberry Meringue, salted nuts, coffee.

Peach or Raspberry Croustades, Peanut Cakes, toasted almonds, coffee.

Plain, chocolate or molasses doughnuts, frosted soft ginger cookies, homemade candy, coffee or cider.

Chinese Date Chews, Anise Seed Cookies, salted almonds, tea.

Charlotte Russe, Maple Sirup Cake, nuts, spicy gum drops, coffee.

Fruit Cup, Angel Food or Gold Cake, mints, coffee.

Bridge or Wedding Breakfasts

See Special Luncheons and Dinners, or refreshments suitable for Afternoon Tea may be used for the breakfast. An unusual menu is Grapefruit Cocktail, Mock Eggs on Toasted Sponge Cake, Waffle Tea Cakes, Coffee or Hot Chocolate.

Special or Plate Luncheons

One or Two Courses

(See **Club Lunch** and **Cheese Loaf** in **Sandwiches**. Also, **Vegetable Plate Luncheons**)

Meat loaf, scalloped potatoes, cucumber salad, hot rolls, peach ice cream, coffee.

Creamed chicken or lobster patties, vegetable salad, Mint Ice Cream, nuts, coffee.

Veal croquettes, Pittsburg potatoes or Curried Vegetables, jellied fruit salad, coffee.

Shrimps with peas, salted wafers, cold slaw, Strawberry Meringue or mousse, coffee.

Baked ham, creamed or scalloped potatoes, pickles, sherbet, coffee.

Chicken à la King, hot rolls, Cranberry Salad, nuts, mints, coffee.

Creamed Crab Meat in Toasted Roll Shell, spiced peach, olive sandwich, stuffed celery, Neapolitan Jell-O.

Salmon Croquettes with Peas, Asparagus Salad, pimienta cheese sandwiches, olives, salted nuts, Orange Sherbet, macaroons, coffee.

Veal Birds, Red Cap Potato Cones, Corn and Cheese Soufflé with tomato sauce, celery, hot rolls, jelly, Peach Ice Cream.

Baked Ham, Sweet Potato Croquettes, or Candied Sweet Potatoes, Cabbage Salad, Orange Biscuits, Apple Sauce Cake, Apricot Bavarian Cream.

City "Chicken," mashed potatoes, Orange-Carrot Salad, creamed turnips or kohlrabi, Pumpkin Pie with whipped cream, coffee.

Baked White Fish or Fillets of Haddock with Tartar Sauce, Stuffed Potatoes or Parsley Potato Balls, mashed yellow turnips or creamed asparagus, Russian Salad, Rhubarb Tapioca, Sponge Cake, coffee.

Stuffed green peppers, Macaroni and Cheese, baked tomato or creamed cauliflower in patty shells with pimienta, Marble Salad in lettuce cup, Lemon Ice, Sunshine Cake, coffee.

Lima Bean Loaf, Spinach Timbales, Eggs à la Golden Rod, Cucumber Salad, Date Muffins, Fruit Cup, and Caramel Cake or Bird's Nest Pudding with whipped cream.

Chicken Mousse or Mock Chicken Mousse with mushrooms, Sweet Potato Puff or Julienne Potatoes, buttered asparagus tips, or Brussels sprouts, stuffed celery or Jellied Orange Salad, Mint or Pistachio Ice Cream, Sunshine Cake.

Macaroni and Salmon Salad, baked, sautéed or cold sliced tomato, lettuce or cucumber sandwiches, stuffed celery, mints, coffee, or tea.

Bridge Plate.—Ham Hearts (ham omelet in heart molds), spinach or Tomato Soufflé in club molds, creamed or mashed potatoes garnished with diamond of pimienta, Carrot-Pineapple Salad in spade mold with whipped cream.

Color Schemes for Luncheons or Refreshments

Frostings, cakes, frozen desserts gelatin desserts or salads, candies, favors, nut cups, candles (with holders and shades), flowers, crepe paper decorations and napkins may add any desired color.

A few naturally colored foods may be selected from the following groups:

Yellow or Orange—Oranges, grapefruit, lemons, sunshine cake, boiled egg-yolk, sweet potatoes, squash, yellow turnips, carrots, cheese, pumpkin pie, shrimps, salad dressing, cantaloupe, peaches, apricots, yellow peppers, gourd and pumpkin shells, yellow apples.

White—Marshmallows, whipped cream, celery, onions, cucumber, potatoes, angel food, egg-white (whipped or hard-boiled), rice, turnips, asparagus, cream cheese, cabbage, tuna fish, codfish, pears, cocoanut, cottage cheese, cauliflower, yellow peppers.

Green—Olives, parsley, green peppers, lettuce, mint, pickles, peas, green maraschino cherries, grapes, string beans, asparagus tips, spinach, Brussels sprouts, watercress.

Black or Dark—Ripe olives, capers, black cherries, raisins, chocolate shot, devil's food, ginger bread, brown bread, chocolate doughnuts, prunes, date bread, black raspberries, grape juice.

Red or Pink—Maraschino cherries, paprika, pimientos, strawberries, red raspberries, cinnamon drops, red apples, pomegranate, watermelon, radishes, beets, tomatoes. sweet peppers, salmon, grapes, cranberries, currant jelly, red sugar.

YELLOW OR ORANGE LUNCHEONS

	Sliced Oranges or Fruit-Cup	
Fried Chicken		Glacé Sweet Potatoes
	Mashed Yellow Turnips	
	Raw Carrot Salad	
	Saltines	
Orange Sherbet		Golden Cake
	Coffee	

	Jellied Consommé	
Veal Cutlets, Breaded		Glacé Carrots
Hot Biscuits		Butter
	Orange Marmalade	
	Sunflower Salad, French Dressing	
	Cheese Sticks	
	Orange Bavarian Cream	
Sponge-Cake		Coffee
Mock Chicken Mousse		Sweet Potato Puff
	Celery and Cheese Sticks	
Peach Conserve		White Nut Bread Sandwiches
	Sponge Cake With Whipped Cream	
	and Marshmallows	
	Jellied Apricots	
Yellow and White Bon-bons		Salted Almonds
	Coffee	

GREEN LUNCHEON

	Cream of Pea Soup	
Veal or Tuna Croquettes		Parsley Potato Balls
	Green Beans with Diced Turnips	
	Green Gelatin Salad	
	Vanilla Ice Cream with Pineapple Mint Sauce	
Green and White Marble Cake		Coffee

ST. PATRICK REFRESHMENTS

	Shamrock Salad	
	Rolled Celery or Watercress Sandwiches	
	Pistachio Ice Cream with a	
	Marshmallow Mint Sauce	
Frosted Cookies		Coffee
Salted Nuts		Green Mints

Favors and Decorative Refreshments that Are Easily Made

Gum drops of various shapes, sizes, and colors may be combined by means of toothpicks to form animals, dolls, or flowers. Combined with the fancy paper cups used in bon-bon boxes, and trimmed with chocolate shot, silver dragees, other tiny candies, whole spices, raisins, etc., the variety of figures may be made very attractive and unusual. For table decoration small **balloons** on sticks may be stuck into large gum drops, or fastened to wooden skewers stuck in button molds covered with crepe paper.

Marshmallows make suitable heads or faces for "**Prune Boys.**" The body is made of a prune with raisins on toothpicks or wire to form legs and arms. The features on the marshmallow face may be made of cloves, currants, allspice, or melted chocolate painted on with a toothpick. The painted marshmallow may be used also in cups of hot chocolate—then the beverage is called "**Devil's Brew**" and used for Hallowe'en.

"**Prune Turtles**" are soaked prunes with a large raisin for the head, and cloves for the feet and tail.

"**Ginger Cake Goblins**" or "**Moon Faces**" are made by frosting soft round ginger cookies with white icing and painting the faces with melted chocolate. Frosted "cut out" cookies or animal crackers are interesting for children's party refreshments.

Ring Cookies and **Cookie Whistles** also are unusual.

"**Spook Salad**" is half of a large peach with the ends of olives or red grapes for eyes, stuck on with whole cloves through the center. Clove for the nose, and for the mouth a piece of date or pimienta. A similar idea may be carried out with large, seeded, cooked prunes stuffed with white cream cheese, and features on the cheese may be made of stuffed olives. "**Jack o' Lantern Salad**" is Waldorf Salad served in hollow red apple cups with features cut through the skin of the apple. An orange shell also could be used.

Sandwiches or cookies of two colors may be put together (in sandwich fashion), cutting out hearts, animals, or faces from one color, and inserting the pieces in the other color. If one color is preferred a contrasting filling or bright jelly may show through the openings of the top piece.

Painted hickory nuts, buckeyes, unshelled peanuts, etc., may be trimmed with crepe paper, tiny feathers, chewing gum, sealing wax, etc., to make animals or dolls. **Paper dolls** may also be made over clothes pins, sticks of candy, suckers, skewers (combined with gumdrops), cardboard tubing, or covered wire.

Bouquets may be made of chocolate disks and wire, covered with colored paper. Pieces of gumdrops and other small candies also make bouquets. Candied violets, mint leaves, rose petals, and cherries are pretty combinations. Cinnamon drops and leaves of angelica or mint leaves can be arranged like **holly**. Citron and white candies can be arranged like **mistletoe** on frosted cake.

Sparkling strings or balls of **popcorn** may be made by dipping (or brushing) the finished product in heavy syrup, then sprinkling it with finely ground rock candy.

Badges or **medals** for favors or prizes may be made by sticking a new penny on a piece of ribbon with sealing wax.

Tiny individual **candle holders** are made by inserting a birthday candle into a large gum drop. Drop a life saver mint over the candle and use half of a life saver for a handle on one side of the gum drop.

Wooden **meat skewers** stuck into very large button-molds may be covered with strips of crepe paper and used as a stem for a rose nut cup fastened on top.

Refreshments for Children's Parties

(Also see Favors)

For children's parties the refreshments should be simple and served at mealtime if possible.

Sandwiches with peanut butter, jelly, chopped celery, shredded lettuce, chopped raisins with mashed banana, chopped boiled egg and mayonnaise, pineapple filling, or chopped dates are suitable for children. Also see Kindergarten Sandwich, Celery-olive, Strawberry, Fruit, Date, Fruit Loaf, Carrot, Health, Apple, Ribbon, and Children's Favorite Sandwiches.

Marguerites, Frosted Crackers, Animal Crackers, Marshmallow Cracker Sandwiches (toasted marshmallow between crackers), Fruit Cookies, Sponge Cake, Angel Food, Marshmallow Wafers, Orange Custard Cup Cakes, Surprise Cakes, Macaroons, Drop Cakes, Nut Bread, Date Bread, Raisin Bread, etc.

Fruit Gelatins, Ices, Sherbets, and Creams that are not extremely rich, Fruit drinks or Cocoa (not too sweet or rich) are enjoyed by most children.

The favors and decorations are an important part of the children's party refreshments. The food may be much plainer than most people think. If possible, the children should eat at small tables. If that can not be arranged they could sit around the high table or on the floor in picnic style, or small trays might be used.

Special Dinner Menus

(For "quantity" dinners, also see Menus for Church Dinners)

Clear Tomato Soup		
Broiled Steak with Green Peppers or Onions		
Mashed Potatoes or Parsley Potato Balls	Buttered Beets	
Apple and Walnut Salad	Wafers	Cheese
Apricot Snow with Whipped Cream		
Cake	Coffee	

	Orange or Grapefruit Cocktail	
Olives	Tomato Bouillon	Celery
	Broiled Squabs or Spring Chicken	
	Mashed or French Fried Potatoes	
Asparagus with Hollandaise Sauce		Pear Salad
Angel Strawberry Shortcake		Coffee

	Oyster or Crab Meat Cocktail	
Stuffed Olives	Cream of Celery Soup	Salted Almonds
Roast Lamb with Mint Sauce		Mashed Potatoes
Brussels Sprouts or Turnips with Carrots en Casserole		
	Bermuda Orange Salad	
Peach Melba or Meringue		Coffee

	Tomato or Sardine Canapé	Consommé
Roast Turkey with Dressing and Cranberry Sauce or		
Roast Loin of Pork with Baked Apple or Pineapple Rings		
Candied Sweet Potatoes	Scalloped Oysters	
Creamed Onions or Peas	Stuffed Cherry Salad	
Orange Ice and White Fruit Cake or Pumpkin Pie		Coffee

	Melon Balls in Ginger Ale	
	Cream of Spinach or Pea Soup	
Stuffed Veal Roast	Dressing	Mashed Potatoes
Stuffed Celery or Radish Roses	Baked Squash	Beet Salad
	Strawberry Parfait	

	Sliced Oranges with Black Cherries	
	Noodle Ring with Creamed Chicken	
	Mashed Sweet Potatoes with Marshmallows	
	Artichokes or Asparagus with Bechamel Sauce	
Hot Rolls or Corn Sticks	Jelly	Stuffed Prune Salad
Raspberry Mousse		Coffee

	Cranberry and Grapefruit Cup	
	Cream of Carrot or Tomato Soup	
Filet Mignon of Beef with Mushrooms	Julienne Potatoes	
Curried Vegetables	Pineapple Salad	Cheese Straws
Ice Cream in Fruit Molds	Fudge Cake	Coffee

	Cantaloupe Cocktail	Clam Bouillon
	Roast Crown of Beef	
Franconia Potatoes	Green Beans with Sliced Carrots	
	Jellied Tomato or Garden Salad	
Upside Down Cake		Coffee

Veal Steak or Baked Fish

Paprika Potato Balls or Baked Potatoes or Spanish Rice

Escalloped or Stewed Tomatoes Celery

Norwegian Prune Pudding or Hot Marshmallow Ginger Bread
with Whipped Cream
Coffee

Little Neck Clams with Cocktail Sauce

Veal Croquettes or Hot Sliced Tongue

Pittsburg Potatoes Spinach Puff with Cream Sauce

Hot Rolls and Butter

Rhubarb Sauce or Pie Coffee

Grapefruit Cocktail

Baked Ham Escalloped Potatoes Curried Vegetables

Cabbage Salad Strawberry Fluff or Pineapple Custard

Coffee

Simple Menus for Church Dinners, Club Dinners, etc.

(These menus average \$8.00-\$10.00 for 25 people. See Quantity Portions for 25)

Roast Beef or Swiss Steak or Halibut Steak, Mashed Potatoes, Gravy, Buttered Peas, Cold Slaw, Jelly, Strawberry Shortcake or Cottage Pudding with Chocolate or Lemon Sauce.

Meat Loaf or Mexican Hamburg, Potatoes au Gratin, Stewed Tomatoes, Pineapple Salad, Cake, Ice Cream, Coffee.

Waffles, Syrup, Sausage, Head Lettuce Salad with Thousand Island Dressing, Apple Tapioca or Gelatin Dessert.

Creamed or Flaked Chicken or Chicken à la King, Hot Biscuits or Baked Bread Dressing, Jellied Cranberries, Mashed Potatoes, Waldorf Salad, Gingerbread with Whipped Cream.

Veal Stew or Veal Terrapin, Rolls, Jelly, Steamed Rice or Noodles, Buttered Asparagus or Beets or Spinach, Cabbage Salad, Date or Carrot or St. James Pudding with Lemon Sauce.

Baked Ham, Scalloped Potatoes (or Diced Ham with Potatoes), Succotash, Pickled Peaches, Carrot Salad, Paradise Pudding with Whipped Cream, Vanilla Cookies, Coffee.

Creole Steak or Spanish Steak or Spanish Spaghetti with Hamburger, Creamed Potatoes, Scalloped Corn, Mustard Pickles, Spring Salad, Pie, Coffee.

Sauerkraut, Spare Ribs or Frankfurters, Mashed Potatoes, Perfection Salad, Norwegian Prune Pudding or Fruit Ice, Cake, Coffee.

Chicken or Veal Pie or Ham and Noodle Casserole, Creamed Carrots with Peas, Butterfly or Candle Fruit Salad, Blackstone or Cinnamon Apples with Whipped Cream.

City Chicken (Pork and Veal), or Veal Cutlets en Casserole, Candied Sweet Potatoes, String Beans, Pickles, Celery-fruit Salad, Tapioca Cream or Chocolate Pudding, Cake, Coffee.

Mock Spring Chicken, Carmelized Sweet Potatoes, Noodles in Giblet Broth, Sliced Tomatoes or Garden Salad, Lemon Pudding.

Quantity Portions for 20 to 25 People

(Generous servings and allowing a few "seconds")

Beans: Navy, 3 lbs. (1 gal. when baked) serve 20 to 25 persons.
Fresh lima or canned string beans, 2 qts. (before adding sauce) serve 20.

Beverages: 1 cup per person allows a few "extras" when glasses or cups are served about two-thirds full. (4 qts. serve 24.)

Bouillon: 10 lbs. soup meat with large bone—3 qts. rich bouillon—24 persons.

Bread: 1 loaf sandwich bread—20 sandwiches—40 slices.

Butter: $\frac{3}{4}$ lb. serves 24 persons (1 generous tablespoon); $\frac{1}{2}$ lb. makes 20 to 24 "pats" or small slices; $\frac{1}{2}$ tablespoon spreads 1 small slice of bread (1 lb.—32 tablespoons—for 64 slices).

Cabbage: 3 lbs. make cold slaw for 20 people; 10 lbs. sauer kraut with 5 lbs. spare ribs serve 25 persons.

Cake: 2 average (10-inch) two-layer cakes or jelly rolls serve 24 persons.

Chicken: 10 lbs. dressed chicken serve 20 people, as a roast or fried. When cooked, flaked, and mixed with 1 qt. medium white sauce, 6 lbs. dressed "meaty" chickens make about 5 lbs. creamed chicken and (in patty shells) can serve 18 to 20 people.

Chicken salad: 6 lbs. dressed chicken (when prepared and mixed with celery, etc.) make about $2\frac{1}{2}$ qts. salad; serve 20.

Cocoa: $\frac{1}{4}$ lb. cocoa (or 6 squares chocolate), 3 qts. milk, and about 1 cup sugar make cocoa for 25 persons.

Coffee: $\frac{1}{2}$ lb. ground coffee makes 1 gal.—serves 20 to 25 people (1 pt. cream and $\frac{1}{3}$ lb. sugar).

Corn: 4 medium-sized (about 1 lb.) cans serve or make scalloped corn for 25.

Cranberries: 2 lbs. serve 20.

Cream: 1 pt. cream with $\frac{1}{2}$ cup whole milk serves 25 for coffee; about 20 for dessert. 1 pt. whipping cream (on cake or dessert) serves 20 to 24.

Flour: 1 qt. (1 lb. pastry flour)—makes about 40 biscuits the size of a dollar, or waffles for 6, or 3 medium-sized double pies, or 24 to 30 patty shells. 1 lb. pancake flour makes pancakes for 5 or 6 people.

Gravy: 1 qt. gravy ($\frac{2}{3}$ cup flour) serves 20 people.

Ice cream: 1 gal. serves 25 liberally; 3 large bricks serve 18 to 24.

Jelly: 1 scant pt. (2 average glasses) spreads 30 small slices, serves 20.

Lemonade: 10 to 12 lemons and 1 lb. sugar make $5\frac{1}{2}$ qts. lemonade (32 glasses), serve 25 people.

- Lettuce: 4 large heads sliced serve 24.
 Meat: Roast or steak, $\frac{1}{3}$ lb. lean meat per person—8 to 10 lbs. serve 25. Hamburger, creamed, or meat loaf, $\frac{1}{4}$ lb. per person—5 lbs. serve 20. Croquettes, chop suey, or stew, $\frac{1}{5}$ lb. per person—5 lbs. meat mixed with the other ingredients serve 20 to 24; one lb. baked ham (weighed after baking) serves 10.
 Nuts: 1 lb. salted serves 25.
 Olives: 1 qt. serves 25 persons generously.
 Oysters: 2 qts. in soup, scalloped or fried, serve 20 to 25 persons.
 Peas: 4 cans serve 24 persons.
 Pies: Four 10-inch pies cut into 6 pieces can serve 24.
 Potatoes: (Unpeeled, allow a generous $\frac{1}{3}$ lb.—1 rather large potato per person) $\frac{1}{2}$ pk. when mashed will serve 20.
 Potato salad: $\frac{1}{2}$ pk. makes 1 gal. salad—serves 20.
 Potato chips: $1\frac{1}{2}$ lbs. serve 20.
 Pudding: Suet or date puddings, 5 lbs. serve 20.
 Pudding sauce: About 3 tablespoons each; 1 qt. serves 25.
 Rice: 1 cup makes 1 qt. when cooked; $2\frac{1}{2}$ lbs. serve 20 to 25.
 Rolls: 3 doz. serve 20 to 25 persons.
 Salad: $\frac{1}{2}$ cup per person; 5 lbs. (about 3 qts.) serve 20 to 25.
 Salad dressing: $1\frac{1}{2}$ pts. heavy dressing with 5 pts. fruit, etc., serve 20 to 25. On lettuce or salad, 2 generous tablespoons per person; 3 cups serve 20.
 Sandwich filling: 1 pt. for 20 to 24 sandwiches (1 sandwich loaf).
 Soup: 1 gal. serves 20 to 25 people.
 Tomatoes: 3 large cans (stewed or scalloped) serve 25.
 Tongue: 2 beef tongues make about 40 slices. Usually 2 slices per person.
 Turkey, goose, etc. (dressed): $\frac{1}{2}$ lb. per person.

EXTRA QUANTITY RECIPES (for 25-30)

(Many other quantity recipes are found elsewhere in this volume)

MOCK SPRING CHICKEN (for 30)

Clean and joint 5 chickens (averaging about 3 lbs. dressed). Remove and render fat for browning. Sprinkle the pieces with about 3 tablespoons salt and 1 teaspoon pepper. Roll or shake well in plenty of flour then fry a few pieces at a time in plenty of fat, clearing or straining the fat several times to keep particles from settling and giving the fat a burnt flavor when left in too long. As the panfuls are browned, lay the pieces in a large well covered roaster. When all are packed in the roaster add 1 qt. boiling water or stock, and steam slowly until perfectly tender—adding water if needed and basting occasionally. The steaming may be continued for several hours, or the roaster may be put in a cool place

when the chicken is quite tender and warmed over the next day if preparing ahead for a large dinner.

Gravy may be made from the liquid in the pan, and broth from boiled bony pieces and giblets and hot water, with possibly a bit of beef extract. If noodles are desired an extra chicken may be needed for broth, or more beef extract, or 1 or 2 lbs. veal may be boiled for broth with the bony pieces.

CITY CHICKEN

This combination of veal and pork steak may be used for small or large numbers, but is excellent, attractive, easily prepared, and more economical than chicken for serving large numbers. Count $\frac{1}{3}$ lb. meat per person. Use equal parts of veal and pork steak cut about $\frac{1}{2}$ inch thick. Cut the slices into squares of about $1\frac{1}{4}$ inches across. Put the pieces on wooden meat skewers so that when finished they look similar to the leg (drumstick) of a chicken, the pieces of pork and veal are put on alternately, and pushed together at one end so the skewer is about half bare and sticking through the center of each square. Roll each "drumstick" in milk and crumbs twice so they are thoroughly coated, then fry in deep fat until brown. As each panful is browned pack into roaster, add enough water to partially cover the bottom of the roaster, then, when the pan is as full as necessary, cover and roast slowly for about one and a half to two hours so the meat is very tender. Do not allow the oven to become hot enough to dry out the meat and add a small amount of water if needed while cooking. The meat should look like fricasseed chicken legs, and taste about the same if the pork and veal squares are placed alternately. Put fringed paper tips on the ends of the skewers before serving. The meat may be basted during the roasting, and if necessary, leave uncovered to brown well before removing from the oven.

NOODLES (for 30)

Use 7 eggs, 2 teaspoons salt, 1 cup milk, (more or less if preferred) and enough flour for stiff dough. Roll thin, let dry a few hours if desired, then roll like a jelly roll or pile in layers and cut thin. Cook one-half hour or longer in chicken broth or any broth, or water.

CARAMELIZED SWEET POTATOES (for 30)

Scrub, trim, and boil in salt water 1 pk. sweet potatoes. Peel while hot and pack in large, greased, uncovered baking pan, and baste often with syrup made by boiling together five minutes 3 cups light brown sugar, $\frac{1}{2}$ lb. butter, 1 teaspoon salt, 1 pt. water.

Bake under low flame in broiling oven, turning and basting often for one and a half hour or until thoroughly coated and browned. The potatoes should not be boiled too long, they must be rather tender, but firm.

VEAL CUTLETS EN CASSEROLE (for 25)

Cut 6 lbs. veal steak into serving pieces and roll in 8 slightly beaten eggs, then in 1 qt. crumbs mixed with 3 teaspoons salt and 1 teaspoon pepper. Brown in $\frac{3}{4}$ pt. cooking oil or other fat, then pack into shallow gallon jar. Baste often with stock made from the finely chopped trimmings or use boiling water. Cover closely and bake in slow oven two or two and a half hours.

SWEET POTATO PUFF (for 25)

12 cups hot, mashed sweet potatoes (about $\frac{1}{2}$ pk.)	8 egg yolks beaten slightly
1 cup, or less cream (depending upon the moistness of the potatoes)	$\frac{3}{4}$ cup brown sugar
	$\frac{3}{4}$ cup melted butter
	8 egg whites beaten stiff
	3 teaspoons salt

Mix together the mashed potatoes, cream, egg yolks, sugar, butter, and salt, and beat for three minutes. Fold in the beaten egg whites and pile into a buttered baking-dish. Cover the top with marshmallows and big raisins, and bake fifteen minutes in a 350° F. oven. (Three 1-qt. cans of sweet potatoes may be used.)

CHICKEN MOUSSE (for 25)

7 cups chopped cooked chicken or part veal	1 cup chopped, cooked green pepper
2 cups cream, whipped	3 tablespoons chopped pimientos
4 cups hot chicken stock	3 teaspoons salt
6 tablespoons gelatin (not acid)	$\frac{3}{4}$ teaspoon pepper
1 cup chopped, cooked celery	1 cup cold water

Cook two 5-lb. fowls until the meat is very tender. Chop the meat, which will be approximately 7 cups. Reserve the hot stock. Soak the gelatin in the cold water for five minutes, add the boiling chicken stock, and stir until the gelatin is dissolved. Chill and beat until frothy. Add the remainder of the ingredients and beat together. Pour into individual molds or one mold, preferably an oblong or square one, and chill in ice three or four hours. Serve on lettuce garnished with grated egg yolks.

CORN BREAD (for 25)

1 qt. buttermilk	2 cups corn flour (or white flour)
4 eggs	3 teaspoons soda
1 cup shortening	2 teaspoons salt (more if shortening is unsalted)
1 scant cup sugar	
5 cups corn meal	

Sift dry ingredients together twice. Add beaten eggs, melted shortening and milk. Stir well and bake in shallow greased pans about thirty minutes in moderate oven.

CABBAGE SLAW (for 25)

(See other recipes for slaw and for cabbage salad)

5 lbs. shredded cabbage, 1 cup vinegar (not very strong), 1 cup sugar (less if preferred), 2 tablespoons horseradish, about 2 teaspoons salt, then add more salt and pepper to taste. If liked, 3 green and 3 red sweet peppers and 2 large sweet onions may be added.

SCALLOPED CORN (for 25)

5 cans corn	1 qt. milk
4 eggs, slightly beaten	$\frac{1}{4}$ cup butter
1 cup sugar (or less)	1 teaspoon or more salt

Mix and bake in buttered baking dishes about forty-five minutes or longer, depending upon sizes of dishes.

Sandwiches

When a large quantity of sandwiches are to be made, the loaf of sandwich bread may be sliced lengthwise, making 6 or 8 long slices instead of 40 small pieces to spread. The butter may be spread on half the slices, and the filling and lettuce on the other slices. One loaf makes 20 sandwiches and requires about 1 pt. filling and about $\frac{1}{3}$ lb. butter. The bread should be at least one day old, and the butter should be slightly softened or creamed. Crisp, dry lettuce should be used with most sandwiches. It may be shredded with shears. (1 loaf makes 24 *thin* sandwiches.)

36 SIMPLE SANDWICH FILLINGS TO BE USED IN ANY DESIRED PROPORTIONS

- Crisp cucumber—salt—mayonnaise—lettuce.
- Chopped celery—salt—mayonnaise—lettuce.
- Chopped celery—grated raw carrots—sandwich spread or mayonnaise—salt—lettuce.
- Chopped celery—peanut butter—salt—shredded lettuce.
- Peanut butter—raisins or jelly or marshmallow—lettuce.
- Peanut butter—cream cheese—salt—lettuce.
- Chopped hard-boiled eggs—sardines—chopped nuts—mayonnaise—lettuce.
- Chopped hard-boiled eggs—chopped peanuts—mayonnaise—lettuce.
- Fried or hard-boiled eggs—crisp bacon—mayonnaise.
- Fried egg (hot)—ham—mayonnaise—tomato—lettuce.
- Chopped carrots (raw or cooked)—chopped peanuts—jelly or mayonnaise—salt—lettuce—brown bread.
- Fresh pineapple—cucumber—mayonnaise.
- Lemon or pineapple or chocolate (cake) filling or frosting.
- Shredded pineapple—cream cheese—chopped salted almonds.
- Cream cheese—Russian dressing—lettuce—brown bread.
- Minced cheese—raspberry jam—lettuce.
- Flaked salmon—Russian dressing—lettuce.
- Cream cheese—stuffed olives—lettuce.
- Sardines—hard-boiled egg—pepper—salt—lemon juice.
- Fried oysters—celery—mushrooms—mayonnaise.
- Fried oysters—chicken or veal—celery—mayonnaise.
- Tuna fish—tomato—mayonnaise—lettuce.
- Minced ham—green pepper—mayonnaise—lettuce.
- Minced ham—tomato—mayonnaise—lettuce.

Olives (green or stuffed)—mayonnaise—lettuce.
 Marmalade or tart jelly, with or without nuts.
 Watercress or lettuce—softened cream cheese or mayonnaise.
 Chopped radishes—celery—onions—mayonnaise.
 Baked beans—chopped olives—brown and white bread.
 Baked beans—bacon—chili sauce—mayonnaise—brown bread.
 Cream cheese (2 pkgs.)—chopped cucumber (1 large)—salt—cream—paprika—onion juice—brown bread.
 Chopped boiled eggs—chopped boiled ham—grated cheese—French mustard or mayonnaise—lettuce.
 Cream cheese—green peppers—nuts—celery—mayonnaise.
 Chopped American cheese, jelly, or jam—minced cooked ham.
 Cold roast pork—chopped sweet pickles—mayonnaise.

SANDWICH RECIPES

Fruit Loaf Sandwiches.—Press following chopped mixture into loaf, or into cocoa cans, slice with sharp knife and put between buttered slices of bread: $\frac{1}{2}$ lb. each of raisins, dates, prunes, figs, and $\frac{1}{2}$ lb. nuts. Add juice of 2 oranges (and $\frac{1}{2}$ lemon if liked).

Fruit Sandwiches.—1 lb. dates, 1 lb. figs, $\frac{1}{2}$ lb. nuts. Chop and mix with juice of 2 lemons.

Date Sandwiches.— $\frac{1}{2}$ cup stoned dates, $\frac{1}{2}$ cup walnuts or stuffed olives, chopped. Mix with $\frac{1}{2}$ cup sweet cream. Or, mix pimienta cheese and dates (equal parts), seasoning with salt, paprika, and lemon juice.

Health Sandwiches.— $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. dates, $\frac{1}{2}$ cup nuts (or spread bread with peanut butter), 1 lemon (juice), 1 orange (juice). Keeps well in a glass.

Nut and Raisin Sandwich.—Use half as many nuts as raisins, passing them mixed through food chopper, then moisten with orange juice before spreading on buttered bread. Peach or apricot marmalade may be mixed with the nuts.

Peanut Butter Filling.—1 cup peanut butter, $\frac{1}{4}$ cup heavy cream, $\frac{1}{4}$ cup hot water, 1 cup banana pulp, 1 lemon. Mix the cream and hot water with the peanut butter. Then add the banana pulp which has been mixed with the juice of the lemon. Spread on the sandwiches. Garnish with candied fruit or bits of jelly.

Children's Favorite.—Spread bread with butter and peanut butter; dot with raisins and cover with banana (sliced or mashed). Lay thin slice of buttered bread on top. Cut in small squares.

Strawberry Sandwiches.—Twelve large berries, $\frac{1}{2}$ cup butter, 1 cup confectioner's sugar. Cream butter and sugar, and add mashed berries. Chill, and then spread and wrap in a cloth for several hours.

Kindergarten or Variegated Sandwiches.—Use two kinds of bread—brown and white or nut breads, using alternate slices or cutting out fancy shapes, and altering the colors in the openings made in the top slices—using doughnut cutters or fancy cookie cutters. Spread with butter or filling.

Ribbon (Graham-White) Sandwich.—Make a filling of pimientos and English walnuts, chopped together and mixed with cream cheese and French dressing. Place 3 or 5 slices of brown and white bread arranged alternately, one on top of the other, with filling between the slices and press down firmly. Then cut through perpendicularly into narrow slices, showing the alternate layers of white and brown bread. May be varied with different fillings. Seafoam, pineapple (cake) filling or chocolate frosting make good sweet fillings to serve with tea.

Cracker Sandwiches.—Place a marshmallow or chocolate drop or bit of grated cheese on a salted cracker, put in oven or under flame till melted, and cracker is light brown. Or you may use chopped nuts mixed with beaten egg white and sugar on top of crackers and brown.

Whipped Cream Sandwiches.—These sandwiches usually are served with tea. The bread must be cut very thin, and both slices thinly but thoroughly buttered, so the filling will not soak into the bread. To the whipped cream, one or more of the following may be added: Almond, lemon, or vanilla flavoring, any coloring, chopped nuts of any kind, candied fruit, sieved cooked prunes or apricots, drained crushed pineapple, brown or powdered sugar, dates, raisins, figs, orange or other fruit juice, seeded and cut white grapes, maraschino cherries, canned pears, peaches or other fruit, marshmallows, cocoa or melted chocolate (2 tablespoons cocoa, 3 tablespoons powdered sugar to 1 cup whipped cream), stick candy put through the food chopper (1 stick to $\frac{1}{3}$ cup whipped cream).

Rolled Sandwiches.—These sandwiches are made several ways—with any kind of filling.

(1) Trim off the crusts of thin slices of fresh bread and shape the slices a trifle narrower at the bottom by trimming the crust a bit deeper. If preferred, the crust may be left on if softened. Wrap the fresh loaf in a cloth wrung out of hot water, then in a dry towel and leave a few minutes before slicing. Spread with the soft butter, then the filling, which should be rather thin. The sandwich bread should be spread as it lies on a cloth wrung out of cold water. Begin rolling from the narrow end away from you, then press as you roll slightly to hold in shape. Tie with paper tape and place, when all are finished, under a wooden plate with a light weight on it. When ready to serve, remove the tapes and put on a sandwich plate with a little spray of watercress

tucked in the end of each roll. Any flower such as violets, clovers, or nasturtiums may be wrapped around the rolls.

(2) Another way to make these sandwiches, called the "*jelly roll*" style, is to cut the bread the entire length of the loaf; after spreading and rolling place the sandwiches under weights as described, and when ready to serve, slice in $\frac{1}{2}$ -inch slices like jelly roll.

(3) The buttered slices may be *toasted* lightly and quickly before or after rolling, but the slices must be fresh, thin, and crusts removed, unless they are softened as described above.

Baked or Toasted Open Sandwiches.—Spread white or whole wheat bread with soft butter, then grated cheese, and put into the oven long enough to melt the cheese and toast the bread. Or, cover the buttered bread with smoked salmon or halibut, flaked fine, and dust it with pepper. Slip it under the broiler long enough to lightly brown the fish and toast the edges of the bread. Watch closely. Garnish with parsley.

Toasted Orange Sandwiches.—Spread orange marmalade on hot buttered toast, sprinkle with grated cheese and place in a moderate oven until the cheese melts. Serve hot.

Toasted Walnut Sandwiches.— $\frac{1}{2}$ cup cottage or cream cheese, 2 tablespoons salad oil, 1 tablespoon vinegar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprika, 6 tablespoons walnut meats, 1 loaf Graham bread. Mix oil, vinegar, salt, and paprika, and then mix with cheese. Cut bread in $\frac{1}{4}$ -inch slices, spread with cheese mixture, and sprinkle with chopped nuts. Put together in pairs, remove crusts, and cut in strips. Toast, pile log-cabin fashion on a fancy plate, and serve with a dinner salad.

"So Different" Sandwiches.—Cut one small bottle pimiento olives in thin slices; mix these with one small, fresh cream cheese; moisten with a spoonful of well-made mayonnaise. Spread between thin slices of buttered white and brown bread, adding a little cress or fringed lettuce, and having one side of the sandwich white and the other brown. These are both appetizing and satisfying.

Men's Favorite Cheese Sandwiches.—Sauté for four minutes in 1 tablespoon butter, $\frac{1}{2}$ green pepper cut in small pieces, and 2 tablespoons chopped onion. Add $\frac{1}{2}$ cup strained tomato pulp or canned tomato soup, and cook for five minutes. Add $\frac{3}{4}$ lb. mild cheese put through the food chopper, $\frac{1}{4}$ teaspoon salt, and a few grains of cayenne. Stir occasionally and cook over hot water until the cheese is melted, then add 1 slightly beaten egg mixed with 2 tablespoons cream. This filling has a most appealing flavor. Serve with a crisp leaf of lettuce. Use it cold or hot.

Water Lily Sandwich.—Cut bread with round or fluted cutter, cover with softened cream cheese. Make the center of riced, hard-boiled egg yolk and the petals of strips of egg white.

Celery-Olive Sandwiches.—1 cup chopped celery, $\frac{1}{2}$ cup chopped nuts, 2 tablespoons chopped olives, 1 tablespoon chopped pimiento. Mix with mayonnaise and spread.

Cheese Loaf Sandwiches.—Remove crust from a loaf of sandwich bread. Slice bread lengthwise. Butter slices on both sides except top and bottom slices. Make fillings as follows: **Red Filling.**—4 slices ham finely chopped. Three slices crisp bacon cut fine. 1 chopped pimiento. **Yellow Filling.**—Yolks of 3 hard-boiled eggs seasoned with salt, pepper, and $\frac{1}{2}$ teaspoon vinegar. **White Filling.**— $\frac{1}{2}$ package cream cheese softened with $\frac{1}{2}$ grated cucumber. **Green Filling.**—4 small sweet pickles and six sprigs of watercress or parsley, finely chopped. Spread slices of buttered bread with the fillings in the order given. Soften three packages cream cheese with sweet cream and spread on the outside of loaf, as you would in a cake, garnish with pecans, maraschino cherries, or colored gum drops cut in small bits. Wrap in damp cloth and keep in cold place several hours before slicing.

Olive Sandwiches.—Cut brown bread into very thin slices and butter them lightly. Lay between these slices a filling of cream or cottage cheese, mixed with stoned or chopped olives.

Spanish Sandwiches.—Over fresh buttered toast sprinkle chopped onion, then a layer of chopped, sweet peppers and a layer of grated cheese. Set in oven till cheese is slightly browned. Serve at once.

Celery-Almond Sandwiches.—1 part chopped almonds to 2 parts chopped celery. Sprinkle with salt, moisten with mayonnaise, and spread on brown bread.

Cheese-Celery Sandwich.—1 cup chopped celery, $\frac{1}{2}$ cup stuffed olives, 2 cups cottage cheese or 1 Neufchatel, 2 teaspoons salt, $\frac{1}{2}$ teaspoon paprika. Mix and moisten with cream. Garnish with olives.

Relish Sandwich.—1 cup chopped, cooked veal, mayonnaise to moisten, $\frac{1}{2}$ cup chopped, stuffed olives, several tablespoons pepper relish or picalilli.

Picnic Sandwich Filling.—Grind together 2 small onions (may omit), $\frac{1}{2}$ lb. yellow cheese, $\frac{1}{2}$ doz. sweet pickles, $\frac{1}{2}$ small can pimientos, $\frac{1}{2}$ lb. boiled ham.

Browned Cheese Sandwich.—Grated cheese mixed with a little cream to make a paste, seasoned with paprika and salt, spread between slices of buttered bread, and browned in a little bit of butter in a hot frying pan, or it may be toasted in a hot oven. Served with a succulent salad this makes a nice combination. When the sandwiches are toasted the cheese will be melted. Serve at once with pickles or salad and coffee.

Combination Sandwich.—Whole fried egg, slice of dill

pickle, slice of tomato, piece of fried ham. Combined hot in layers (tomato and pickle cold) and served between thin slices of bread and butter.

Hot Hamburg Sandwiches.—Mix $\frac{1}{2}$ lb. finely chopped round steak with one small onion finely chopped, and sauté a nice brown in drippings or butter. Season to taste, then stir in 1 tablespoon flour, and cook, stirring often, till brown. Then add 1 cup hot water or tomato juice, and finish cooking. Spread, hot and savory, between slices of buttered, whole wheat bread.

Or, season the chopped beef with a dash of pepper, 1 tablespoon Chili sauce, $\frac{1}{2}$ teaspoon salt; add $\frac{1}{2}$ cup cooked rice (or soaked bread), make into cakes, roll in flour and fry in plenty of fat till brown, then cover and steam a few minutes.

Finnan Haddie Sandwiches.—Soak a medium-sized smoked haddock in cold water for one-half hour, then place over the fire in fresh water and cook twenty minutes. Drain, cool, and pick the meat into small pieces. Add it to a white sauce with seasoning to taste, and, if liked, a few shreds of pimiento. Pile generously high on slices or toast, sprinkle with grated cheese, and set in the oven to brown delicately. Serve with tart pickles.

Deviled Ham Toast (for 6).—Cut bread in thin slices, butter evenly, and spread one-half the slices with canned deviled ham. Put together with the buttered slices in sandwich form. Dip the sandwiches quickly, so they will not be soaked, in a batter made by beating 2 eggs slightly and adding to them 1 cup milk and $\frac{1}{2}$ teaspoon salt. Sauté in a buttered skillet or grill until brown on both sides and serve hot (with maple syrup).

(Chicken) Club Sandwich.—Thin slice buttered toast, slices of chicken or veal, crisp bacon, sliced stuffed olives, bit of mayonnaise, another slice of toast. (May be arranged with 3 layers of toast.)

Club Lunch.—In the center of a plate place a paper cup holding celery, cut fine, mixed with Russian or mayonnaise dressing. Place three triangular pieces of toast radiating from the center. On one piece place a lettuce leaf, two slices of tomato, and a strip of crisp bacon. On another, lettuce leaves and sliced chicken or roast pork or veal and, on the third, sliced cooked ham. Garnish with two stuffed olives and a gherkin pickle. Serve with coffee.

Pork Club Sandwich.—Arrange on thin slice of buttered bread, thin slices of cooked bacon; cover this with slices of cold roast pork, and a slice of tomato. Cover with a buttered slice of bread or toast. Pickles, mayonnaise, or olives may be added.

Cheese and Nut Sandwich Filling.—Take equal parts of American cheese and pecan nut meats. Chop the nuts fine and mix thoroughly with the cheese to which should be added $\frac{1}{3}$ tea-

spoon salt, enough sweet cream to soften the mixture, 2 table-spoons prepared mustard.

Plain Toasted Cheese Sandwich.—1 nippy cheese or some grated cheese mixed with enough cream or beaten egg white to spread well. Spread bread with cheese and place thin slice of bacon on this. Brown in moderate oven. A dash of paprika may be added.

Green Pepper-Olive Sandwiches.—Stone $\frac{1}{2}$ cup olives; add 1 sweet green pepper seeded and chopped fine or cut into thin slices. Chop together until very fine, then combine with cream cheese which has been mixed to a paste with French dressing. Spread and serve.

Fried Apple Sandwich with Boston Brown Bread and Cream Cheese makes a tasty lunch. Slice the bread rather thin and spread it with soft butter. Core, but do not peel the apples, and slice them $\frac{1}{4}$ inch thick. Sauté the apples in butter, and arrange them on the brown bread, sprinkle lightly with sugar and set in a hot oven for a few moments. Just before serving drop a cream-cheese ball, dusted with paprika, in each apple ring.

Winter Sandwich Filling.— $1\frac{1}{2}$ cups ground nuts, $1\frac{1}{2}$ cups ground raisins, 1 chopped apple, 4 small sweet pickles, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cup chopped olives, mayonnaise.

Piquant Summer Sandwiches.—Mince chives, $\frac{1}{2}$ cucumber, 1 green sweet pepper, 1 firm tomato (peeled), and mash with cream cheese; use as a spread for sandwiches of white or brown bread.

Pimiento Sandwiches.—1 package pimiento cheese, 1 doz. olives, $\frac{1}{4}$ lb. walnuts chopped. Mix and spread.

Pimiento Salad for Sandwiches.—1 small can pimientos, 4 sour pickles, 3 onions, 2 hard-boiled eggs, $\frac{1}{4}$ lb. cold boiled ham; mayonnaise dressing put between lettuce leaves.

Egg Salad Sandwiches.—(1) 3 hard-boiled eggs chopped fine. Add $\frac{1}{2}$ cup finely shredded lettuce, and $\frac{1}{4}$ cup minced ham. Mix to a smooth paste with mayonnaise or boiled dressing, and spread between thin slices of buttered, white bread.

(2) Mash 2 hard-boiled eggs, add 10 walnut meats, 3 pickles, and 4 olives, chopped, and mix with mayonnaise dressing. Spread between slices of buttered bread, cover with crisp lettuce leaves, and cut in fancy shapes or wrap in waxed paper.

Tongue Sandwiches.—(1) 1 cup finely chopped cold boiled tongue, whites of 6 hard-boiled eggs, 1 teaspoon French mustard, yolks of eggs, $\frac{1}{2}$ cup melted butter, $\frac{1}{2}$ cup vinegar, 2 tablespoons sugar.

(2) $\frac{3}{4}$ cup cold, boiled or canned tongue, 6 stuffed olives, $\frac{1}{2}$ teaspoon French mustard, $\frac{1}{2}$ teaspoon lemon juice, $\frac{1}{2}$ tea-

spoon Worcestershire or other table sauce, $\frac{1}{4}$ teaspoon salt, few grains cayenne, cream or salad dressing. Put tongue and olives through food chopper, add seasonings, mix thoroughly and, just before using, add cream or salad dressing to make of the right consistency to spread. Sliced tomato and cucumber may be added for a second layer with lettuce and salad dressing if thin buttered toast is used. Garnish with pickles.

(3) 1 cup of ground tongue, 4 sweet pickles, 1 pimiento, $\frac{1}{4}$ cup of salad dressing. Use cold, boiled tongue. Chop the pickles and pimiento and add to the ground meat. Moisten with the salad dressing. Spread on buttered slices of bread, and garnish with a dash of mayonnaise and capers.

Dried Beef Sandwich.— $\frac{3}{4}$ cup dried beef, ground, $\frac{1}{4}$ cup grated cheese, $\frac{1}{4}$ cup minced celery, $\frac{1}{2}$ cup mayonnaise. Mix dried beef, cheese, and celery with mayonnaise and spread on white bread, or whole wheat bread.

Ham and Jelly Sandwiches.—1 cup finely chopped cooked ham, 1 tablespoon butter, $\frac{1}{2}$ cup currant jelly, paprika. Add the butter to the finely chopped ham and then add currant jelly. Heat to boiling point and season with paprika. Simmer five minutes, cool, and spread between thin slices of buttered Graham bread. Crabapple jelly or any other tart jelly, such as wild grape, may be substituted. (May be used without heating.)

Valentine Sandwich.—Cut bread in heart-shaped pieces, spread with creamed butter, and with cream cheese. Make $\frac{1}{2}$ -inch border around the edge, of chopped maraschino cherries or decorative strips of pimiento.

Minced Lamb (or Other Meat) Sandwiches.—Mix about equal parts of seasoned cooked meat and celery. Add shredded lettuce or a leaf and mayonnaise if liked. Use plenty of butter on bread.

Hashed Roast Beef Sandwiches afford an appetizing way to make use of the scraps from the Sunday roast. Chop the meat fine, add the gravy to it, also a few shreds of green pepper or onion. Heat to boiling over hot water, then add a very little Worcestershire sauce or tomato catsup, and spread generously between slices of buttered whole wheat or white bread, or toast. Serve on warm plates with spicy pickles.

Ham and Carrot Sandwiches.—(1) 2 tablespoons grated raw carrot, 6 tablespoons minced ham, 1 tablespoon mayonnaise, 2 teaspoons minced olives for each sandwich.

(2) $\frac{1}{2}$ lb. chopped cooked ham, $\frac{1}{2}$ cup mayonnaise or a sandwich spread, $\frac{1}{2}$ cup sliced celery, 3 small sweet pickles, 1 large grated carrot, 6 stuffed olives, enough cream to moisten, and a bit of salt, pepper, and mustard if needed.

Deviled Ham Sandwiches (20).—Sandwich bread, 1 large can deviled ham, 1 cup finely chopped nuts, 24 olives, stoned and chopped, 3 teaspoons mustard, $\frac{1}{2}$ teaspoon salt, 9 tablespoons bottled salad dressing. Remove crust from loaf, and cut bread in three long slices from end to end. Butter two of the layers and spread filling between the layers. Press layers together, wrap in a damp cloth and set a weight on top for one hour. Remove cloth and cut down in slices.

Deviled Ham Toast.—1 tablespoon butter, $1\frac{1}{2}$ tablespoons flour, $\frac{1}{2}$ cup milk, 1 small can ($2\frac{3}{4}$ oz.) deviled ham, 12 slices bread (buttered). Melt the butter, add the flour and mix to a smooth paste. Add milk gradually and cook until thickened, stirring constantly. Add deviled ham and blend thoroughly. Cool and spread between slices of bread. Cut in halves and sauté in butter until golden brown. Serve very hot.

Toasted Ham and Tomato Sandwich.—Toast a slice of bread on one side. Cover the untoasted side with a thin slice of cooked ham. Put a layer of old English cheese on the ham. Place a thick slice of tomato on top and sprinkle with salt, pepper, and mustard. Broil under a flame until the cheese melts. Serve immediately. Cold chicken may be used instead of the ham.

Sardine or Smoked Fish Sandwiches.—Bone and chop 12 sardines. Add 1 chopped hard-boiled egg, 1 teaspoon Worcestershire or chili sauce, celery salt, and 1 tablespoon chopped sour pickle. If desired, add lemon juice, and soft butter.

Liverwurst Sandwich.—1 cup liver sausage meat or liverwurst, $\frac{1}{4}$ cup minced pickles, 2 tablespoons minced onions, $\frac{3}{4}$ cup mayonnaise. Mash liver sausage to a paste. Mix with mayonnaise, pickles, and onions. Spread on rye or white bread.

Dutch Sandwich (Good and Unusual).—Chop fine $\frac{1}{2}$ lb. Bologna sausage, 3 hard-boiled eggs, 1 stalk of celery, and 2 tablespoons mustard chow-chow. Mix all together and stir in 2 tablespoons cooked salad dressing. Spread between thin slices of rye bread.

Appetizers

Open Sandwiches or *Canapés* or *Hors d'œuvres* may be used as appetizers or refreshments. When used as appetizers they are highly seasoned mixtures or decorative combinations, served on dainty rounds or fancy cuts of bread used plain, toasted, sautéed or fried in deep fat. The bread may be cut with a doughnut or cookie cutter.

Sardine, Lobster, or Caviar Canapés.—Mash sardines or any smoked or flaked cooked fish and season with soft butter, lemon juice, pepper, Worcestershire sauce, chopped pickle or olives, and mayonnaise or Hollandaise Sauce. Garnish with pimienta, stuffed olive, or decorate the edge with a border of minced parsley, capers, or riced hard-boiled egg. *Caviar* or *lobster* may be used alone, with, a garnish, or combined with any of the above seasonings.

Cheese and Bacon Canapés.—Chop or grate enough cheese to make $1\frac{1}{2}$ cups, mix this with a well beaten egg, 1 teaspoon Worcestershire sauce, paprika, salt, and pepper as needed, and $\frac{1}{2}$ teaspoon prepared mustard, then stir in enough melted butter to make a paste. Spread thickly on the rounds of bread and place two strips of bacon on each, set in a very hot oven, and leave until the bread is toasted, the cheese puffy and light, and the bacon crisp. Place a small heart leaf of lettuce filled with mayonnaise on each plate, and top each sandwich with a plump olive. If liked, $\frac{1}{2}$ cup chopped stuffed olives may be mixed with the cheese.

Tomato Canapé.—Soak 1 tablespoon gelatin in $\frac{1}{4}$ cup milk or water ten minutes, then dissolve over hot water and add to $1\frac{1}{2}$ cups salad dressing. Fold in $\frac{1}{4}$ cup minced chives or onion, $\frac{1}{4}$ cup minced, green pepper, and $\frac{1}{4}$ tablespoon minced parsley, and pour into tiny molds previously wet in cold water.

Cut out rounds of stale bread and toast. Spread with butter (anchovy paste, caviar, or any of the fancy pastes may be mixed with the butter). On each slice arrange either a slice of peeled tomato or cucumber. Turn out the jellied salad dressing on top.

Hors d'œuvres (Appetizers).—A bit of highly seasoned, cooked fish or vegetable (or salad), or a cheese, egg, or fruit mixture, on lettuce or toast, served at the beginning of a meal. *Canapés* may be used.

1. *Paté de Foie Gras* (goose liver cooked with spices and truffles and sealed in containers lined with force-meat).—Chill, and serve it on a small lettuce leaf on toast.

2. *Fish.*—Use canned salmon, or fish flakes, or any kind of fish mixed with tartar sauce or salad dressing with bits of endive or cucumber.

3. *Vegetable*.—(a) Cut tomatoes in slices, cover with mayonnaise, and sprinkle with chopped onion. (b) Cut tomato and onion in very thin slices and then in halves, arrange alternating and overlapping on serving dish, and sprinkle with chopped parsley. (c) On a bed of watercress arrange fluted slices cut from a very large cucumber. Put a slice of hard-cooked egg on top of the cucumber, and 2 strips of olive or slice of stuffed olive on each slice of egg.

4. *Fruit*.—(a) Roll a small thin slice of bacon around a large olive (plain, stuffed or seeded). Fasten with a toothpick. Brown in a broiler. Serve on buttered toast or on lettuce with a bit of tartar sauce if liked. (b) With 6 slices of orange use 6 slices bacon and 1 teaspoon sugar. Fry bacon until crisp and remove to hot platter. Slice oranges, sprinkle lightly with sugar, dip in corn meal and fry quickly in hot bacon fat. Arrange around bacon and serve immediately.

Extra Recipes

Confections

(Corn syrup or cream of tartar or a bit of flour is added to most confections to prevent sugaring.)

Temperature stages: Thread—230° F.; soft ball—236° F.; firm ball—240° to 248° F.; hard ball—258° to 268° F.; crack—293 to 310° F.; caramel—350° F.

Candy making requires strict attention to directions with regard to quantities, temperature, and methods. A candy thermometer should be heated gradually in water, while the syrup is reaching the boiling point and requires stirring. Then the thermometer should be hung on the side of the pan without resting on the bottom.

Some fondants may be allowed to stand for days if covered with a damp cloth to keep a hard crust from forming over the top, but other fondants soften if allowed to stand too long.

When pouring candy (or frosting) do not scrape the pan or allow the last bit to drip irregularly, or it may make streaks of sugar where it falls and then the whole mass will crystallize. If candy "goes to sugar," it may be melted over by adding several tablespoons liquid and heating carefully, then when it comes to the boiling point test again with thermometer or cold water and remove from fire without delay when the proper stage is reached. Corn syrup (glucose) will prevent almost any candy from sugaring, 1 or 2 tablespoons may be enough for each 2 cups of sugar, and can be added with the sugar in any recipe in which sugar is boiled.

Candy should not be cooked over too hot a fire, as it requires too much stirring to keep it from sticking. The sugar should be dissolved before boiling begins.

Crystals that form on the side of a pan should be washed away so they do not mix with the sirup as it is being poured out to cool. Use a small piece of wet cloth wrapped around a spoon, or cover the pan closely with a lid for a few minutes, but do not wait until the candy is almost ready to pour; they should be washed away as they form.

When a syrup forms a fine thread upon dropping from a spoon it is called "hairing" or "threading." After this stage the syrup should not be stirred, as it may granulate.

In handling or pulling all boiled candies, the hands should be buttered, or use powdered sugar, to prevent the mixture sticking to them. The hands and the room should be cool as possible.

If the top of the pan (in which candy is boiled) is buttered for an inch or two down, the liquid will not boil over easily.

Cream of tartar should not be added until syrup begins to boil.

Butter should be put in when candy is almost done.

Flavors are more delicate when not boiled in candy, but added afterward.

When doubling a recipe to make larger quantity, use very scant measures of the liquid, or it takes too long to thicken.

FONDANT, No. 1

2 cups sugar

2 tablespoons light corn syrup

1 cup hot water

Flavoring (after cooling)

If no corn syrup is available, add $\frac{1}{4}$ teaspoon cream of tartar when boiling begins

Put the granulated sugar, water, and corn syrup into a saucepan, stirring until the sugar is dissolved. When the mixture begins to boil, cover and cook for three minutes, in order that the steam may wash down any sugar crystals which collect on the sides of the saucepan. Uncover and continue boiling, without stirring, until 238° F. is reached. At this stage a soft ball is formed when a small amount of the sirup is dropped into cold water.

(If it should cook too hard it may be softened after cooling by adding a few drops of cream.) During the cooking, if any crystals form on the sides of the saucepan, wash them away with a small piece of wet cloth wrapped on bowl of spoon and dampened with hot water. When the candy is done pour at once, gently without scraping or splashing, onto an oiled or cold, wet platter. Cool to 100° F. or until the candy is lukewarm or quite cool.

If stirred while too hot, it will grain. If a crust forms, every particle must be taken off, or else the boiling must be done again. When it will dent, scrape the fondant together and work with a wooden spoon or spatula until it is white and creamy. It will quickly change from this consistency, so begin kneading while it is still creamy, otherwise it will lump and will be difficult to handle. The more it is kneaded, the finer grained it will be. If it is to be used in an hour after making, cover the pan (without touching the fondant) with a wet cloth and leave an hour. A lump of butter mixed into fondant before dipping makes delicious butter creams. Any flavoring may be added.

Fondant may be made days before using. In fact, it is better if you can allow it to "ripen" in a tightly closed jar a day or two. For maple fondant use 1 cup maple sugar in place of one of the cups of granulated sugar.

FONDANT, No. 2

(Firmer and larger amount than No. 1)

3 cups sugar	$\frac{1}{2}$ cup cold water
$\frac{1}{4}$ teaspoon cream of tartar (added when boiling begins)	1 cup white corn syrup (or an- other $\frac{1}{2}$ cup water)

Follow directions for No. 1, cooking to 240° F., a firmer ball, instead of 238° F. 1 tablespoon glycerin may be rubbed over surface of the cooled fondant to soften top if necessary before working. Then flavor with a drop or two of peppermint oil or any flavors and colors, or add a large lump of butter for butter creams and dip in chocolate or colored fondant.

MRS. MIDDLETON'S SOFT CREAM FONDANT

4 cups sugar	—2 cups cream
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Stir and heat slowly till dissolved; then, without stirring, boil slowly to 236° F., no longer (234° F. may be preferred). Without scraping the pan, gently pour sirup onto buttered slab and leave until perfectly cold before handling. Mold and dip. A lump of butter may be added before molding. This fondant becomes very soft after coating. After molding, it may be left over night, but no longer, before molding, as it might soften too much for handling.

ORIENTAL FONDANT, No. 1

2 cups sugar	3 drops glycerin
1 cup water	3 drops acetic acid

Slowly bring to boiling point and cook to firm ball stage—240° F. Add to beaten egg white as for frosting, then spread out on buttered platter to cool before kneading.

ORIENTAL FONDANT, No. 2

5 cups sugar	$\frac{1}{4}$ teaspoon cream of tartar
2 cups boiling water	$\frac{1}{2}$ teaspoon acetic acid

Mix and stir over low heat till sugar is dissolved, then bring to boiling point and add $\frac{1}{2}$ teaspoon glycerin. Cover and let boil three minutes. Remove cover and boil to 239° F. Pour gently but rapidly, and without dripping or scraping, onto a wet pan. Let cool till lukewarm, then cover with the well-beaten whites of two eggs and beat till stiff. Mold soon after beating or this fondant (which is very soft after dipping) may become too soft to handle. This fondant occasionally requires a great deal of beating, but is worth the effort.

MRS. SNYDER'S CHOCOLATES

1 $\frac{2}{3}$ cups sugar
 $\frac{2}{3}$ cup water
 Pinch of cream of tartar

1 teaspoon glycerin
 1 egg white
 $\frac{1}{3}$ lb. dipping chocolate

Boil sugar and water to soft ball stage (236° F.). Add cream of tartar and pour on smooth slab covered with the glycerin. Let cool, sprinkle with a few drops cold water, and beat. As you beat, add the beaten egg white; for butter creams beat in 1 tablespoon butter. Dip.

FILLED DATES

Seed dates and fill with fondant, peanut butter, broken nuts, or Malaga grapes. Roll in powdered or granulated sugar.

DIPPING FONDANT (for coating Fruit, Bon-bons, etc.)

Place hot water in lower part of small double boiler and in the top part about 1 cup of the fondant. Chop and stir until well mixed and melted. Add boiling water, 1 tablespoon at a time, to make the desired consistency for dipping.

Color and flavor the fondant as desired. Remove from the stove and use this fondant for dipping nuts, pieces of candied pineapple, balls of cocoanut paste, candied cherries, or balls of stiff fondant. When the quantity becomes too small for dipping, add a drop of peppermint, mix and drop fondant on waxed paper to make patties, or mix it with fruit and roll into balls.

SOFT PEPPERMINT PATTIES

2 cups sugar
 1 $\frac{1}{4}$ cups water
 1 tablespoon light corn sirup

$\frac{1}{4}$ teaspoon glycerin
 1 egg white
 5 drops oil peppermint

Put sugar, water, and corn syrup into a saucepan and cook, stirring until sugar is dissolved. Add glycerin when candy begins to boil and cook without stirring until the temperature 240° F. is reached (a soft ball). Wash away any sugar crystals which form on the sides of the saucepan during cooking. Remove from fire and pour at once on a cold wet platter. When lukewarm (110° F.) spread a stiffly beaten egg white over the candy, and beat until the mass becomes white and creamy. Add the peppermint and knead until very smooth. In order to have the centers the same size, shape the fondant into a long roll and cut it into desired size for dipping. Shape in balls—flatten for patties. Dip within two hours, or it gets too soft.

UNCOOKED FONDANT CREAMS

Mix 1 unbeaten egg white, 3 tablespoons cream or evaporated milk, 1 teaspoon lemon, vanilla, or orange extract. Stir until well blended, then sift in gradually about 3 cups confectioner's sugar, or enough to make stiff enough to handle. Turn out on a board sprinkled with some of the sifted sugar, and knead until very smooth. Use as a stuffing for dates, figs, prunes, or raisins; or make into small balls and press a nut meat on each side to make nut creams. Knead $\frac{1}{2}$ teaspoon peppermint extract into the fondant to make peppermint creams. Roll or flatten to $\frac{1}{4}$ inch thickness or shape with a cutter, and roll in sugar or cocoanut.

AFTER DINNER MINTS (Creamy)

2 cups sugar	3 tablespoons light corn syrup
1 cup water	4 drops oil of peppermint
	Coloring

Cook together the sugar, syrup, and water. Stir until the sugar is dissolved, but not afterward. Cook till 1 teaspoon in cold water forms a hard ball (268° F.). If sugar crystals gather on the sides of the pan, they should be washed off as in fondant.

Remove from the fire and put into greased pans. When cool enough to handle add the oil of peppermint, and pull until white and firm. Stretch out in a long rope and cut into very small pieces. To "cream" they must be put into a mixture of cornstarch and powdered sugar.

Sift together 3 parts of powdered sugar to 1 of cornstarch. Place a layer of this mixture in a pan, drop in the pieces so they do not touch each other, and cover with a second layer of the sugar mixture. Set aside in a warm place, above the range, or on the radiator, for several hours, until the candy becomes creamy.

For variety, color some of this candy red and flavor it with oil of cinnamon. Lime creams may be made by adding green coloring and oil of lime to the candy. Use oils rather than essences, as they are stronger and do not affect the texture.

QUICK MINTS

1 cup granulated sugar and 8 tablespoons water boiled to thread stage. Take from fire and quickly add 1 cup confectioner's sugar and 6 drops oil of peppermint (or $\frac{1}{4}$ teaspoon essence). Colorings and other flavorings may be used (2 drops oil of lime with green). Drop on oiled paper.

CHOCOLATE DIPPING EQUIPMENT

Candy thermometer, double boiler, dipping fork or two-tined fork, board covered with oilcloth or heavy oiled paper, dipping chocolate procured from confectioner or supply house, centers and trimmings prepared and in place on a table in a cool dry place. Bitter chocolate, sweetened chocolate, and milk chocolate suitable for coating are obtainable, and may be mixed or used separately. It is difficult to use less than 1 lb. Ordinary cooking chocolate, either bitter or sweetened, may be used, but very best results cannot be expected. It is improved by adding cocoa butter.

The following is a good substitute:

Dipping Chocolate Substitute (Almost a Brittle Coating)

1 lb. bitter or sweet chocolate broken in pieces. Melt very slowly over hot water and add: 2 tablespoons cocoa butter or salad oil, 2 tablespoons melted paraffin. Never let any part of the chocolate or mixture get above 100° F., or it turns gray. Stir carefully.

MELTING AND DIPPING

The process of melting chocolate is important and is similar to creaming butter; professionals use their fingers to mash the lumps.

Break or shave the dipping chocolate and put into top of double boiler. Place over cold water (too low to touch the pan) and heat slowly. The water should not become hotter than 125° F., which feels hot, but not uncomfortable to the hand. When the chocolate begins to melt it should be stirred almost constantly so that an even temperature will be maintained throughout. 110° F. not very much hotter than "blood heat," is the highest temperature the chocolate should ever reach.

When completely melted, substitute cold water for hot in the bottom of the double boiler, and beat the chocolate gently until it is barely warm (85° F.). Be very careful not to get even a drop of water in the chocolate.

Moisture will cause it to thicken and lose its gloss, ruining it entirely for dipping. To keep the coating at an even temperature as long as possible, it may be left in the double boiler, filling the bottom part with water at 85° F., but a shallow bowl seems more convenient for the dipping. When chocolate becomes too cool and thick, heat it slightly and beat again.

A clear day, not too warm, should be chosen for dipping chocolate. In commercial establishments the temperature and humidity are mechanically controlled. There should be no steam in the room. A cool room not over 65° F. is best.

Before the coating is prepared, the **centers** to be dipped should be made ready. Fondant and other creamy centers should dry a few hours before using. Freshly browned nuts, candied fruit, caramels, nougat, fudge, or various fondant mixtures may be coated. (See Peppermint Centers and Molding Fudge.) Spoonfuls of nuts and raisins may be dropped and lifted out as coated clusters.

First take the center to be dipped, in the fingers, and drop it into the coating, right side up. Then turn it over with the fork so that it is completely coated. If there is any part not coated with chocolate it will ooze out, and the appearance and keeping qualities be impaired. Next lift the chocolate on the fork, bottom side up, scrape off extra chocolate on the edge of the pan, and turn the candy onto the paper, right side up. Next comes the professional touch. Considerable chocolate will be found at the tip of the fork. Draw this over the candy with a deft twist to give the marking.

Put **decorations** on as soon as the chocolate is coated. Perfect nut meats, small pieces of candied fruits, tiny candies of different colors, like candied caraway seeds, and silver dragees of different sizes may be used. Or the chocolates may be rolled in chopped nuts, cocoanut, or the "chocolate shot." Chocolate may be forced through a pastry bag or tube, or rubber molds, to make "buds."

The chocolates should cool as quickly as possible. In warm weather, put in refrigerator a few minutes, but remove them as soon as the coating has hardened. A damp refrigerator is fatal.

If the coatings are streaked and grayish they have dried too slowly. If spotted, the chocolate got damp or was overheated. A base indicates that the chocolate was too warm when the dipping was done, while if the coatings are not smooth, the chocolate was too cool.

Pack the candy in tight tin boxes and keep in cool, dry place.

CHOCOLATE PEANUT (OR RAISIN) CLUSTERS

Shell 1 qt. freshly roasted nuts and skin if desired. Drop nuts or fruit one by one, into dipping chocolate; lift out onto oil-cloth with a dipping fork and make into groups, or lift out three at once.

CHOCOLATE COATED ALMONDS

Nuts may be used without blanching. Brush to remove the dust. Melt chocolate and drop the nuts, one at a time, into the center of it; push the nuts under with the fork, then drop onto waxed paper or oil cloth. In removing the fork make a design on the top of each nut. Use dipping chocolate if possible.

FUDGE

CREAMY CHOCOLATE FUDGE

2 cups sugar, $\frac{2}{3}$ cup milk, 2 tablespoons light corn syrup (or if syrup is omitted, use 1 cup milk with 1 tablespoon flour and a pinch of cream of tartar), 2 squares bitter chocolate, 2 tablespoons butter, 1 teaspoon vanilla. Instead of chocolate, 6 tablespoons cocoa may be used with $1\frac{1}{2}$ tablespoons extra butter. 3 tablespoons marshmallow cream may be stirred in while beating.

To the cocoa or shaved chocolate add sugar, milk, and corn syrup. Cook slowly, stirring until the chocolate and sugar are melted. (If cooked too rapidly and milk separates and sticks to bottom, scrape loose, beat well, and continue cooking).

Boil till it reaches 238° F., or will make a rather firm ball in cold water. Without stirring, remove from fire, add butter without stirring it in, and set aside to cool clear to the center (110° F.). Add vanilla, and beat with wooden or very strong spoon till a drop holds its shape. If it is heavy but still sticky after ten or fifteen minutes' beating, add $\frac{1}{2}$ teaspoon (no more) warm water, beat a little more, and spread 1 inch thick in greased pan.

Powdered sugar may be used instead of water to stiffen sticky fudge, but occasionally it is best to add 1 tablespoon of flour and 2 tablespoons cream, cook and test again, then beat till stiff. 1 cup raisins or nuts may be added when beating fudge. If corn sirup and marshmallow cream are used it will be creamy if beaten without cooling.

Note: For larger quantity add 1 extra cup sugar without changing rest of recipe.

MOLDING FUDGE

Use above recipe and directions except to use 4 squares instead of 2 squares chocolate, and cook to 236° F. Then, instead of pouring into greased pan after it is beaten creamy, add it to $\frac{3}{4}$ cup fondant. Mix with fingers and use for rolls, balls, logs, etc. This does not harden, and is called molding fudge, and may be dipped in coating chocolate.

FUDGE BALLS

Shape the molding fudge into balls, the size of marbles, roll in chopped nuts, cocoanut, or chocolate shot. A hazelnut or round piece of candy may be used as the center of the fudge ball.

LOGS

Make a roll of fondant about 3 inches long and 1 inch in diameter. Press out molding fudge into a sheet about $\frac{1}{2}$ inch thick,

3 inches long, and 2 inches wide. Wrap this around the fondant, and roll, using both hands, until you have a cylinder 6 inches long. Cut into 1-inch pieces.

FUDGE ROLLS

Press the molding fudge into a rectangle, about 4 by 7 by $\frac{1}{3}$ inches. On top of this place a sheet of fondant the same size. Roll as you would a jelly roll. Then with both hands, continue rolling, using a light pressure until the roll is 10 inches long. Cut in slices.

FUDGE SANDWICHES

Put a layer of molding fudge $\frac{1}{2}$ inch thick into a greased pan. On this place a $\frac{1}{2}$ -inch layer of fondant. Three layers may be made. Turn out of the pan, cover the fondant with melted dipping chocolate, sprinkle with nuts before the chocolate has time to harden, and cut into squares.

MARSHMALLOW FUDGE

Cook to the soft ball stage 2 cups sugar and 1 cup cream or milk to which 3 tablespoons cocoa or 2 squares chocolate have been added. Just before removing from stove add 1 tablespoon butter. Add $\frac{1}{2}$ lb. marshmallows cut in small pieces, or $\frac{1}{4}$ cup marshmallow cream and $\frac{1}{2}$ teaspoon vanilla, stir until it is thick and creamy. Pour into buttered tins and cut in cubes. Or line the buttered pan with soft marshmallows and pour the fudge on top. $\frac{1}{2}$ cup raisins or maraschino cherries may be added.

WHITE OR BITTERSWEET FUDGE

$2\frac{1}{2}$ cups sugar, 1 cup milk; cook to soft ball stage. Cool and beat in 1 round tablespoon butter and 1 teaspoon vanilla. Spread on buttered pan and, when cold, spread with melted bitter chocolate (about $1\frac{1}{2}$ squares). $\frac{1}{2}$ cup candied cherries, pineapple, or nuts may be beaten into the cool mixture. 1 or 2 tablespoons corn sirup or flour may be added with the sugar, to insure creaminess.

PEANUT BUTTER FUDGE

2 cups powdered sugar	$\frac{1}{2}$ cup milk
2 heaping tablespoons peanut butter	

Mix ingredients and place over flame. When it begins to boil vigorously, cook five minutes, or to firm ball stage. Beat, pour in buttered pan, and cut.

PEANUT POPCORN FUDGE

Cook $\frac{1}{2}$ cup peanut butter, $\frac{1}{2}$ cup milk, $2\frac{1}{2}$ cups sugar until it forms a soft ball in water. Add 1 tablespoon butter, 1 heaping cup finely chopped popcorn, and 1 teaspoon flavoring. Beat until creamy and pour into a greased platter to cool. Crisp puffed rice may be used.

CHOCOLATE POPCORN FUDGE

2 cups sugar	2 squares bitter chocolate
1 cup milk	1 tablespoon butter
	Pinch of salt

Cook to soft ball stage and add $1\frac{1}{2}$ cups chopped popcorn or puffed cereal. Beat until creamy.

SOUR CREAM FUDGE

2 squares chocolate	$\frac{2}{3}$ cup sour cream
2 cups sugar	$\frac{1}{8}$ teaspoon salt

Melt chocolate in saucepan over hot water, add sugar, and when well blended add sour cream slowly. Stir and bring slowly to boiling point, and boil without stirring, to soft ball stage (234°F.). Pour onto platter, moistened by having been wiped with a damp cloth, and leave undisturbed until cool. Add 1 teaspoon vanilla and salt, work with spatula or a wooden butter-paddle until mixture is thick and creamy, then knead with the hands until smooth. Roll out $\frac{1}{4}$ inch thick and cut out with small fancy cutters, or shape $\frac{3}{4}$ inch thick and cut in squares.

When smooth this fudge may be melted by stirring in a saucepan over hot water, then be hardened in a pan and cut in squares if a glossy product is preferred.

SEA FOAM

Place in saucepan 3 cups light brown sugar, 1 cup cold water, and 1 tablespoon vinegar. Bring to boil gradually and do not stir after dissolved. Boil steadily till it reaches 240°F. , or, when tested in cold water, it forms a firm ball. Take from fire. Beat stiff the whites of 2 eggs, and when the syrup has stopped bubbling pour it onto the egg whites and beat well. When it begins to stiffen, flavor with vanilla and add 1 cup chopped nuts. Drop on paper.

PENUCHE

1 cup white sugar	1 cup milk
1 cup brown sugar	2 teaspoons butter
1 cup chopped nuts	

Cook sugar, milk, and butter until mixture forms a soft ball when dropped in water. Be sure to stir the mixture at first till

the sugar is dissolved and boiling begins, then stop till done. Take from fire, flavor and cool before beating, or set pan in vessel of cold water immediately after lifting from the fire and lightly stir till it begins to thicken, then add nuts (black walnuts preferred).

PECAN PRALINES

4 cups light brown sugar (or	$\frac{3}{4}$ cup milk
3 cups white sugar with	Large lump butter
1 cup maple syrup)	1 tablespoon vanilla
1 cup broken pecans	

Bring sugar and milk to a boiling point, stirring constantly. Add butter and let boil for four minutes, or to firm ball stage. Take from stove and add nuts, a pinch of cream of tartar, and vanilla. Beat until creamy, and drop by teaspoons on buttered pan.

LEMON CREAMS

2 cups sugar	$\frac{1}{4}$ cup lemon juice
$\frac{1}{4}$ cup water	Yellow coloring

Mix sugar and water and lemon juice, and boil without stirring until a little dropped in cold water forms a firm ball. Set in a pan of cold water and stir until the mixture begins to look cloudy. Add yellow coloring and drop on waxed paper to form patties.

DIVINITY FUDGE

3 cups sugar	1 cup nuts
1 cup corn syrup	$\frac{1}{2}$ cup (or more) cherries or
1 cup water	any candied fruit
2 egg whites	

Boil sugar, syrup, and water to firm ball stage. Take out 1 cup and stir into well beaten whites. Let remainder boil until it cracks in cold water. Now add this to egg mixture. Add nuts and fruit, and beat all until stiff and drop with teaspoon on oiled paper, or spread and cut.

For **Divinity Roll** make as above, saving out nuts and fruit for a filling. Moisten them with orange juice to make a thick paste. While the first mixture is still warm, spread the second all over the top. Then roll up like a jelly roll and wrap the roll in waxed paper until cold. Slice off as used.

MAPLE FUDGE

Boil 2 cups maple syrup, 1 cup sugar, 1 tablespoon butter, and $\frac{1}{4}$ cup milk or cream until a soft ball will form when dropped into cold water. Cool and beat until creamy. Add nuts; shape into balls, or roll and cut.

MAPLE SUGAR

Boil maple syrup to 236° F. or the soft ball stage, cooking only 1 or 2 qts. at a time, if possible. If fine-grained sugar is desired, the cooked syrup must be poured into small bowls (no more than 1 pt. in each) and, when cold, *stir very evenly, never stopping* until ready to pour into molds. Never use the same bowl or spoon twice without washing—the crystallized sugar would spoil the grain of the second mass. Large amounts can not be stirred properly.

MAPLE CREAMS

Boil maple syrup to 231° F. or a *very* soft ball. Finish the same as maple sugar (above), following directions carefully. Candied cherries or pineapple or nuts may be added, just before pouring into patties or pan for cutting. This is a delicious soft cream and must be kept cool, if allowed to stand over night.

MAPLE APPLES

Boil 3 cups maple syrup and 1 cup sugar until a hard ball will form when dropped in cold water. Place the candy over boiling water and quickly dip apples into the mixture. Place the apples on a buttered plate or wax paper until cold. Have a skewer in each apple.

CINNAMON APPLES ON STICKS

Firm red apples, wooden skewers, 3 cups sugar, 1 cup water, $\frac{2}{3}$ cup light corn syrup, few drops oil of cloves or cinnamon, red coloring.

Wash and dry apples well. Insert skewers (which can be bought from butcher) into blossom end. Cook sugar, syrup, and water (stirring only until sugar is dissolved) to 310° F., or until a little dropped in cold water becomes brittle enough to crack without bending. Place syrup over boiling water in double boiler, keeping water boiling while dipping. Add coloring to give bright red color, add flavoring oil and stir only enough to mix. Holding apple by skewer, plunge into hot syrup. Draw out quickly and twirl until syrup runs down to stick and spreads smoothly over apple. Stand apple upright so sides touch nothing while hardening. Dip rapidly or syrup will become too hard. These should be made the day they are to be used.

TAFFY APPLES (6)

1 cup brown sugar	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup granulated sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup white corn syrup	$\frac{1}{2}$ cup water
1 tablespoon cooking oil or butter	

Cook sugar, corn syrup, water, salt, and cooking oil until it hardens in cold water. Remove from fire, add flavoring. Stick skewers in ends of apples, dip one at a time into the hot syrup, and place on oiled paper to cool.

MARSHMALLOWS

1 tablespoon gelatin	$\frac{1}{2}$ cup water
4 tablespoons cold water	$\frac{1}{2}$ cup corn syrup
1 cup sugar	1 teaspoon vanilla

Soften the gelatin in the 4 tablespoons water. Boil the sugar with the $\frac{1}{2}$ cup water and syrup to 240° F., or until it will spin a thread when dropped from a spoon. Add the gelatin. Partially cool, and beat with a quick wheel egg-beater until the mixture becomes thick and creamy. Add the vanilla and a pinch of salt. Pour to the depth of an inch into a square pan, which has been buttered and sprinkled with powdered sugar. Sprinkle the top with sugar or cocoanut and let stand over night. Cut into cubes and dip in confectioner's sugar. To prevent the marshmallows sticking when cutting them, dip the knife constantly into a bowl of powdered sugar, or hot water.

CARAMELS

Caramels are as dependent upon exact temperature as other candies. Caramels require a long slow cooking, with constant stirring to prevent burning.

VANILLA CARAMELS

2 cups sugar	1 cup milk
1 cup evaporated or condensed milk	$\frac{1}{2}$ cup cream
1 cup light corn syrup	$\frac{1}{4}$ cup butter
	2 teaspoons vanilla

The sugar may be white, brown, or half of each. Black walnuts may be added with the vanilla.

Put all the ingredients except the vanilla into a saucepan, and cook over a low fire, stirring constantly until 244° F. is reached (quite a firm ball in cold water). Add the vanilla, and turn at once into a greased pan. When cold turn out of the pan and cut in squares with a sharp, buttered knife. Wrap each square in waxed paper.

This makes a soft, chewy caramel. If a firmer one is desired, the temperature may be carried to 246° F., or in warm weather, 248° F.

MAPLE CARAMELS

For maple caramels use the above recipe, adding 1 cup maple syrup, and using $\frac{1}{2}$ cup milk, instead of 1 cup. Cook these caramels to 248° F.

CHOCOLATE CARAMELS

For chocolate caramels use the vanilla caramel recipe, adding from 4 to 6 squares of chocolate. Heat slowly to melt and blend chocolate before boiling begins.

CREAM CARAMELS

2 lbs. sugar	3 pts. cream
$1\frac{1}{2}$ lbs. glucose or corn syrup	3 teaspoons vanilla
Paraffin (size of walnut)	

Mix sugar, glucose, and 1 pt. cream. Stir constantly and cook down till thick, add more cream (keeping mixture boiling) till all is used. Cook to firm ball stage, stir in paraffin and vanilla, and pour.

BROWN SUGAR CARAMELS

3 cups brown sugar	$\frac{1}{4}$ cup butter
1 cup cream	1 tablespoon corn syrup

Boil, stirring carefully till it tests brittle in very cold water. Remove from fire without more stirring, and fold in 1 cup nuts. Pour out to harden.

CHOCOLATE BUTTERSCOTCH (Children's Favorite)

2 cups sugar	$\frac{3}{4}$ cup water
2 round teaspoons cocoa	$\frac{1}{2}$ teaspoon vanilla
2 teaspoons vinegar	2 tablespoons corn syrup
$\frac{1}{3}$ cup butter	

Mix, and cook gently till it will spin a thread (234° F.). Pour into buttered pan, being careful not to drip the last bit in a fine stream as it cools rapidly and may start "sugaring"; also do not scrape the pan for the same reason. It should spread out about $\frac{1}{4}$ -inch thick. Mark into squares before it gets too hard, or break it into pieces. It may be made without the corn syrup, but it helps to prevent sugaring. While warm it may be molded on blunt sticks (for suckers). It is a rich, chewy, firm candy.

BUTTERSCOTCH KISSES

1 cup molasses or corn syrup	$\frac{1}{2}$ teaspoon vanilla
1 cup sugar	1 tablespoon vinegar or
$\frac{1}{2}$ cup butter	lemon juice

Boil to brittle stage (290° F.), then add vanilla and pinch of soda. When cool mold into kisses, or put on sticks and wrap. Or pour 1 inch thick and mark into squares while warm.

BUTTERSCOTCH BRITTLE

1 cup water 1½ cups brown sugar
1 heaping tablespoon butter

Boil together till the syrup becomes brittle when dropped into cold water. Flavor with vanilla just before pouring into pans.

CHOCOLATE NUT CREAM

Break ½ lb. sweet cooking chocolate into small pieces and melt over hot water. As soon as melted, remove from the fire and cool until quite thick. Mix 2 cups confectioner's sugar with 2 or 3 tablespoons milk or cream, or enough to moisten it, and add 1 cup chopped hickory nuts, black walnuts or pecans, and 1 teaspoon vanilla extract. Work with the hands until smooth and creamy, and then pack into 7-inch square pan. Pour the cooled chocolate over the top and smooth it with a knife.

CHOCOLATE MARSHMALLOW BARS

Melt in a double boiler: 1 small bar dot (or sweet) chocolate, 2 ten-cent Hershey bars (plain or with nuts), and ½ cup butter. While hot stir in ½ lb. marshmallows and 1 cup nuts. Spread on buttered pan and cut.

NUT BRITTLE

1½ cups sugar ½ cup corn syrup
 ⅔ cup water

Cook to brittle stage (275° F.). Add 2 tablespoons butter, ½ lb. (about 1½ cups) nuts. Stir, then add 1 teaspoon soda dissolved in 1 tablespoon water. Turn out and spread, or pull into a thin sheet when cool enough.

MOLASSES PEANUT BRITTLE

1 cup molasses Butter, size of a small egg
1 cup sugar 1 tablespoon vinegar

Boil until brittle when tried in cold water, then stir in 1 teaspoon soda and 1 cup peanuts. Pour quickly into greased pan, spread thin, and cool. This is the light puffy kind of brittle.

HARD NUT BRITTLE

2 cups syrup
2 cups sugar

2 tablespoons vinegar
1 teaspoon vanilla

Boil to crack stage and add $1\frac{1}{2}$ cups whole Brazils or pecans.

SNAP PEANUT BRITTLE

2 cups sugar 1 cup shelled peanuts
Pinch of salt

Warm and chop the peanuts. Put the sugar in a frying pan without water, and stir constantly until the sugar is melted to a golden brown syrup. Remove immediately from the fire, add warm peanuts and spread as thin as cardboard on an unbuttered pan. Mark in squares at once, or break into pieces when cold. A lump of butter may be added with the nuts.

SUMMER NUT CANDY

3 cups light brown sugar $\frac{3}{4}$ cup milk
1 tablespoon butter

Boil until it hardens in cold water. Add 2 cups nuts; stir until it thickens. Pour into buttered pans to cool. This will harden in the hottest weather.

ALMOND STICKS

To 2 lbs. light brown sugar and $\frac{1}{2}$ cup water, add a pinch of cream of tartar when the candy begins to boil, then drop in slowly, stirring meanwhile, 1 lb. blanched almonds. Cook until the nuts are a light brown, then turn the mixture into a buttered pan. When almost cold, cut into bars. 4 squares chocolate may be added with the sugar.

BRAZIL PRALINES

1 lb. brown sugar 1 cup boiling water
1 lb. shelled Brazil nuts

Dissolve the sugar in the water and let it boil four minutes; add the nuts and boil till a thick syrup is formed. Remove from fire and stir till nuts are well sugared. Return to fire and stir until sugar melts, then remove, stir and pour at once onto oiled paper.

MEXICAN ORANGE CANDY

1 cup granulated sugar Grated rind of 2 oranges
 $1\frac{1}{2}$ cups rich sweet milk Pinch salt
2 cups sugar $\frac{1}{2}$ cup butter
1 cup nut meats (black walnuts or pecans)

Melt the first cup of sugar in a large kettle, while the milk is scalding in a double boiler. When the sugar is melted to a rich yellow, add the hot milk all at once, stirring. It will boil up quickly, so be sure to use a good-sized kettle. Add the 2 cups sugar to this mixture, stirring until dissolved, and cook until it forms a firm ball in water (238° F.). Just before it is done add the grated orange rind, the salt, butter and nut meats. Beat until creamy and pour onto a buttered platter to cool. This candy is as delicious as it is unusual.

NOUGAT

Blanch $\frac{1}{4}$ lb. almonds, or use pistachio nuts, and dry thoroughly in oven. Boil 1 lb. (2 cups) corn syrup with 3 cups sugar and 1 cup water until it forms a hard ball in cold water, or to 270° F. Beat whites of 2 eggs stiff and pour the cooked syrup slowly on them, beating all the time. Add the almonds chopped coarsely, with 1 teaspoon almond and 1 teaspoon vanilla flavoring. Pour into a shallow box lined with paraffin paper, place a sheet of paraffin paper on top of the candy, cover with a board, then a flat-iron, and press over night. Then cut in strips and wrap in waxed paper. Chopped candied cherries may be added.

GOLF BALLS

Chop $\frac{1}{2}$ lb. each of figs, dates, and nut meats; moisten with a syrup made by boiling $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup water until it spins a thread, then form into balls, and roll in granulated sugar and cocoanut.

FAIRY APPLES

2 cups dates, after stoning	Bits of candied lemon or orange
1 cup peanut butter	peel
1 teaspoon salt	Few currants

Wash and dry the dates, and put them through a food chopper; add the peanut butter and the salt and mix well. Take large teaspoonfuls and form into balls shaped like small apples, and roll them in a little sugar. Press into each a currant to represent the blossom, and a piece of peel to represent the stem, or use whole cloves.

FRUIT CREAM

2 cups sugar	$\frac{1}{2}$ lb. figs
1 lb. raisins	1 cup cream
1 lb. almonds	Butter, size of egg

Melt sugar with $\frac{1}{2}$ cup water, add cream and butter and 1 teaspoon vanilla, and boil until it begins to thicken to firm ball stage. Then add fruit and nuts cut in pieces. Stir until creamy, and

roll in a wet napkin. When cool cut into any desired shape; slice or cut with candy cutters.

HEAVENLY HASH CANDY

$\frac{3}{4}$ cup corn syrup	$\frac{1}{4}$ cup candied cherries
$\frac{3}{4}$ cup milk	$\frac{1}{2}$ cup seeded raisins
3 cups sugar	$\frac{1}{2}$ cup dates, or $1\frac{1}{2}$ cups nuts
2 tablespoons butter	1 teaspoon almond extract

Mix syrup, milk, sugar, and butter, and boil to the soft ball stage (238° F.). Cool slightly and beat until creamy. Add fruit and flavoring, and spread in buttered pans. The cherries and dates should be cut.

MINCE PIE CANDY

1 egg white mixed with powdered sugar enough to mold. Press into this raisins, nuts, figs or dates, citron or candied fruit, and a bit of spice. Pack into pan lined with oiled paper. Cut into squares.

HONEY, DATE, AND NUT CIRCLES

Pit 1 lb. dates, and shell $\frac{1}{2}$ lb. walnuts. Chop both together fine, and add just enough strained honey to make a stiff paste that can be molded. Form into a roll 1 inch in diameter, and place in a cold place for a day. Then cut into slices $\frac{1}{2}$ inch thick, and wrap in waxed paper.

FRENCH CHOCOLATE BALLS

Mix 2 tablespoons flour and $\frac{1}{4}$ cup sugar with 1 egg yolk. Beat well, then add $\frac{1}{4}$ cup scalded milk. Place in double boiler, then gradually add $\frac{3}{4}$ cup scalded milk, and stir until thickened. Remove from heat and allow to cool. Melt $1\frac{1}{2}$ lbs. sweet chocolate over hot water, add to the cool custard and let stand till stiffened. Roll into small balls and dust with powdered sugar. (The large amount of sweet chocolate takes the place of sugar.)

LOLLIPOPS

4 cups sugar	$\frac{1}{8}$ teaspoon cream of tartar
1 cup water	

Boil till it cracks in cold water; then flavor and color, but do not pour out till it cools some (or it might sugar). Then pour out onto moist slab, all except $\frac{1}{2}$ cup of syrup, mark into squares when hard enough, and mold over sticks or skewers, then dip into the $\frac{1}{2}$ cup syrup and cool. Stick into potatoes, apples, or an inverted colander to cool.

LEMON DROPS

Boil $\frac{1}{2}$ cup water, 2 tablespoons corn syrup, and 2 cups white sugar until quite brittle when tried in cold water. Flavor with 1 teaspoon lemon extract, and drop on buttered paper. Use coloring if desired.

COCOANUT DELIGHT

1 cup cocoanut

2 cups sugar

Melt the sugar in a frying pan, stirring constantly. Just as soon as it is melted, remove from the stove, add the shredded cocoanut and pour into pans. Mark into squares.

COCOANUT BISCUIT

2 cups moist fresh cocoanut

 $\frac{1}{4}$ cup sugar $\frac{1}{4}$ cup light corn syrup $\frac{1}{4}$ cup flour

1 egg white

Beat the egg white until stiff. Gradually fold in the sugar, flour, corn syrup and cocoanut. Drop on a baking sheet, forming biscuits about $1\frac{3}{4}$ inches in diameter. Bake in moderate oven fifteen minutes.

SAUERKRAUT CANDY

Cook 1 lb. brown sugar and enough milk to moisten, for about five minutes (or to firm ball stage), stirring all the time, then add $\frac{1}{4}$ lb. cocoanut, stir well, and turn on buttered paper.

POTATO CANDY

1 medium-sized potato boiled and mashed fine (about $\frac{1}{2}$ cup); add 2 teaspoons butter, $\frac{1}{4}$ lb. moist cocoanut, 1 teaspoon vanilla; stir in 1 lb. powdered sugar and beat until creamy. Press about 1 inch thick in a buttered tin. When hard, spread over it 2 squares bitter chocolate (melted). Chill about two hours.

HONEY CARROT CANDY

Scrape and grind 1 cup raw carrots. Dissolve $\frac{1}{2}$ cup sugar in 1 cup water, and add $\frac{1}{2}$ cup honey. Cook the carrots in this over a slow fire until clear, add 1 cup chopped almonds, and pour on oiled plates.

CARROT FUDGE

Put 1 cup each of corn syrup, grated carrots, milk, and light brown sugar into a deep saucepan. Add 2 tablespoons butter and any flavoring you like. Cook carefully until it hardens in cold water. Pour into buttered plates and cut into squares. This fudge may have 2 tablespoons cocoa added with the sugar, and may be beaten until creamy.

HOREHOUND CANDY

Take a pinch of horehound, put into 1 cup water and steep. Strain it into 2 cups granulated sugar, add 2 teaspoons vinegar or lemon juice, boil to crack stage. Turn into a greased tin, and mark into squares before quite cold.

SPONGE CANDY

Boil 1 cup sugar with 1 cup syrup till it cracks in cold water, then add 2 teaspoons soda; stir and pour into buttered pan. Spread with melted chocolate if you like, or break in pieces and coat each.

BRAN BRITTLE

2 cups granulated sugar	$\frac{3}{4}$ cup water
1 cup brown sugar	$\frac{1}{4}$ cup butter
$\frac{1}{2}$ cup light corn syrup	$\frac{1}{8}$ teaspoon salt
1 $\frac{1}{2}$ cups bran	

Put the sugar, corn syrup and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking without stirring until 300° F. is reached, or to the crack stage.

Remove from fire, add salt and butter, and stir only enough to mix well. Add bran, and turn at once onto a greased slab. Smooth out with a spatula. After half a minute, take hold of the edges of the candy and lifting it slightly from the slab, pull it as thin as possible and break.

GRILLED ALMONDS OR PEANUTS

Blanch and dry 1 cup shelled nuts. Boil 1 cup sugar with $\frac{1}{4}$ cup water until it spins a thread (230° F.). Add the nuts, let them cook in the syrup, stirring occasionally, until they start to turn a faint yellow color. Instantly remove from the fire before the sugar changes color too much. Stir until the nuts are well coated, and the syrup is hardened and clinging irregularly to the nuts.

SALTED NUTS

Blanch unroasted peanuts or almonds by pouring over them boiling water to cover one minute, drain, and add cold water and drain, this loosens the skins so they may be easily slipped off. To 1 cup nuts take 1 teaspoon olive or Mazola oil and $\frac{3}{4}$ teaspoon salt, stir through the nuts thoroughly, and brown in a **moderate oven**. Stir frequently to prevent scorching. Filberts, pecans, walnuts, etc., may be browned the same way, but pecans and walnuts need no blanching. (Raw peanuts may be skinned without blanching if put in the oven a while.)

For large quantities it is worth while to fry nuts in *deep fat*, rather than in the oven. Use a fine wire strainer large enough to allow frying at least $\frac{1}{2}$ cup nuts at a time, 1 pt. oil will fry 2 or 3 lbs. nuts, but 1 qt. will cover 1 cup of nuts at a time and is sufficient for frying 5 or 10 lbs. if kept just below smoking point. Lift the strainer often to watch the nuts, and when starting to change color pour onto heavy paper or a cloth to drain. Sprinkle salt on while hot ($\frac{3}{4}$ teaspoon per cup). For spiced nuts add $\frac{1}{2}$ teaspoon each of cinnamon and nutmeg or allspice to 2 cups nuts. Drain on unglazed paper.

CRYSTALLIZED APRICOTS

Crystallized dried apricots are delicious. Wash and soak the apricots over night. Steam them the following morning until the skins are tender, but not quite so fragile as for other cooking processes. Have prepared a thick candy syrup—about 2 cups sugar to $\frac{3}{4}$ cup water or the juice from the drained apricots. Boil until it is clear and smooth, and add as much fruit as can be stirred in without crowding. Dip out each piece as it grows clear, and place on a lightly oiled platter. Stand in a warm dry place for several days, then roll in powdered sugar or pack in jars.

CANDIED CRANBERRIES OR KUMQUATS

1 cup firm, brilliant red cran-
berries or 1 qt. kumquats

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup water

Wash and dry the cranberries and prick each in several places with a needle. Boil together the sugar and water until a little lifted on a spoon spins a thread (230° F.). Put in the cranberries and cook gently until the syrup will jelly when dropped from the tip of the spoon. Remove each berry separately, place on waxed paper to cool and dry. Roll in granulated sugar and use in place of candied cherries. The cooking of the berries must be done slowly to avoid breaking them.

Kumquats are cooked a little longer.

CANDIED CHERRIES

Weigh cherries after pitting, and allow $\frac{3}{4}$ lb. ($1\frac{1}{2}$ cups) of sugar for every pound of fruit. Make a very heavy syrup of the sugar by adding barely enough water to dissolve. When boiling, drop in the cherries and boil for several minutes. As they become glassy-looking, skim out onto a platter in a single layer, cover with some of the syrup, and place in the hot sun for three days. Do not start with too great a quantity of syrup, for that which remains can be used over and over while it lasts adding a little more sugar if needed, until all the cherries you desire have been used.

Turn cherries occasionally while they are processing in the sun, and bring them indoors at night. At the end of three days fill into small jars, packing solid; cover the top of each jar with some of the very heavy syrup from the platters, and set in the sun for one more day. The next morning cover with paraffine, and later adjust the covers tight. Keep in a cool place.

CANDIED ORANGE, LEMON, OR GRAPEFRUIT PEEL

Use the skins of 4 large oranges or 6 lemons or 2 grapefruit. Cover the skins with cold water, heat to the boiling point and drain. This removes most of the bitter flavor. Cover again with fresh cold water, and cook slowly until the skins can be easily pierced with a fork. Drain and cool. Scrape off the loose white skin with a spoon, and cut the thick peel into thin strips with the scissors. Mix together 1 cup sugar and $\frac{1}{2}$ cup water. Stir over a slow fire until the sugar dissolves, then cook without stirring until it threads, or reaches 242° F. Add the peel, and cook slowly until it is transparent around the edges. Lift from the syrup with a skimmer, and roll at once in granulated sugar. The syrup may be colored pink or green, and flavored with mint or any flavor.

For a fancy container, a whole grapefruit or orange may be candied. Cut off the top (for a lid), take out the core and pulp. Cook the thick shell in several waters till tender, then cook in the syrup.

CANDIED ROSE PETALS OR MINT LEAVES

Wipe leaves dry. Cook $\frac{1}{2}$ cup sugar with $\frac{1}{4}$ cup water to thread stage (242° F.). Dip leaf in syrup, remove and sprinkle thickly with granulated sugar. Dry a day before serving with tea.

CRYSTALLIZED MINT LEAVES

Wipe leaves, remove from stem, and brush over each leaf with the stiffly beaten white of 1 egg; then dip into granulated sugar flavored with oil of spearmint. Place closely together on a cake rack covered with paraffin paper that is sprinkled generously with sugar. Set in a slow oven or over a radiator, and let stand until dry. If the leaves are not thoroughly coated with sugar the process may be repeated. Rose petals may be prepared in the same way, using a few drops of rose to flavor the sugar instead of spearmint.

SALT WATER TAFFY

3 cups granulated sugar

$1\frac{1}{2}$ cups water

1 tablespoon butter

Tiny pinch of salt

$\frac{1}{2}$ teaspoon cream of tartar

Boil to crack stage. Cool, flavor, and pull. 1 square melted chocolate or any flavoring or coloring may be added when removing from the heat, but do not stir it in thoroughly till cool.

VARIETY TAFFY

2 cups sugar	2 tablespoons butter
2 cups light corn syrup	2 tablespoons vinegar
2 tablespoons water	

Boil till it cracks in cold water. Remove from fire and pour equal parts into 4 buttered pans. Add a few drops of peppermint to one pan, a square of melted chocolate to another, 1 teaspoon vanilla and several drops of pink coloring to the third, and cocoanut to the fourth. Let the cocoanut mixture get brittle, but pull each of the others when cool enough and cut in pieces with shears.

MOLASSES TAFFY

4 tablespoons molasses	1 tablespoon vinegar
4 tablespoons water	1 cup sugar (brown or white)
Butter, size of egg	

Boil slowly without stirring till it forms hard ball in cold water. Pour on greased pan. Pull when cool enough. Add few drops of flavoring as you pull. One square melted chocolate may be added.

WALNUT KISSES

Same as above—adding 1 cup black walnuts just before pouring out to cool. Cut with shears after pulling.

CREAM TAFFY

2 cups sugar	$\frac{1}{4}$ cup vinegar
$\frac{1}{2}$ cup cream	2 tablespoons butter
1 cup water	1 teaspoon vanilla
Small pinch soda	

Boil to crack stage without stirring. Cool and pull.

LEMON TAFFY

2 cups sugar	4 tablespoons lemon juice
4 tablespoons water	2 tablespoons butter

Melt butter, remove from heat, add sugar, lemon juice and water, stirring until well mixed. Cook until a little dropped in cold water becomes brittle. Pour on buttered plates, and when cool pull until white and glistening. Draw into long, narrow strips and cut in pieces with scissors or sharp knife.

TOFFEE

2 cups brown sugar
 ½ cup butter

4 tablespoons lemon juice
 24 walnut halves

Heat sugar, butter, and lemon juice over a moderate heat and stir until sugar dissolves. Then boil without stirring till a little tried in cold water can be rolled in a hard ball (250° F.). Butter a square pan well. Arrange the walnut halves in rows on the buttered pan. When candy has cooked to proper stage (250° F.) carefully pour it around and over the nuts. Cut in squares when slightly cool, leaving one nut in the center of each.

PUFFED RICE CANDY

1 cup brown sugar
 ½ cup water

Pinch of cream of tartar
 1 tablespoon vinegar

Boil five or ten minutes, then add 2 tablespoons butter, and boil till it cracks in cold water, then remove from fire and stir in about 3 cups crisp puffed rice and spread quickly on buttered pan.

CHOCOLATE PUFFED RICE BALLS

1 cup sugar
 1 cup corn syrup
 ½ cup sweet cream

¼ cup water
 ¼ teaspoon salt
 2 squares chocolate

2 cups crisp puffed rice or wheat

Boil together all ingredients but cereals. Remove from fire when the syrup reaches 238° F. or forms a firm ball if dropped into cold water. Add cereal and stir mixture thoroughly. Make balls, or put mixture into a pan and cut into squares.

POPCORN BALLS

2 cups granulated sugar
 ½ cup corn syrup (or water)
 ½ cup molasses or brown sugar
 2 tablespoons butter

½ teaspoon salt
 ¼ teaspoon vanilla or 1
 tablespoon vinegar
 ⅔ cup water

Dissolve the sugar, syrup, and water over a slow fire and boil to about 300° F. Test in cold water; it should be as thin as glass and brittle, and the syrup will just begin to discolor. Remove from the fire and add the molasses and the butter. Stir until it turns a golden color. Add the vanilla. Mix in all the freshly popped corn the syrup will take up (about 3 qts.). Wet the hands in cold water, and roll into small balls as soon as cool enough to handle. Peanuts may be added and you may use all molasses instead of corn syrup, or use maple syrup, or omit all the molasses and syrup and add ¼ teaspoon cream of tartar when the mixture starts to boil.

SUGAR POPCORN

Select best kernels of corn when popped and place in a mixing-bowl. Make a syrup of 1 cup sugar and 4 tablespoons water. Boil until it hairs, then pour over the corn and stir quickly. One square chocolate may be added with another tablespoon water (before cooking).

GUM DROPS

Make Japanese jelly as follows (purchase granulated Agar-agar—sea-weed—at the drug store):

1 lb. granulated sugar	Flavoring
½ lb. (about 1 cup) white corn syrup	Coloring
	1 pt. cold water
½ oz. (¼ cup) granulated Agar-agar	

Soak the Agar-agar in the water for two hours or longer, then place it over the fire and stir until well dissolved, when it must be strained through a piece of cheesecloth. To this add the sugar and corn syrup, and cook the mixture to 220° F: or until it will spin a thread from a fork which has been dipped into it. Flavor and color as desired. 1 tablespoon lemon or orange juice, or any berry or other fruit juice. Tint these jellies in various ways and make them as varied as possible. Peppermint, clove, cinnamon, sassafras, wintergreen, rose and other flavors will be suitable. Color them red, pink, yellow, green, violet, or orange, according to the flavor used. Form them by spreading a shallow pan with 1 inch layer of cornstarch, then with a thimble or similar implement press molds into the packed starch, and into these pour the paste. When cold roll in a heavy sugar syrup, then into granulated sugar.

TURKISH DELIGHT OR PASTE

3 tablespoons gelatin	Juice of 1 lemon
½ cup cold water	Coloring
2 cups granulated sugar	½ cup chopped nuts, raisins
½ cup boiling water	or candied cherries or
Grated rind of 1 orange	pineapple
Juice of 1 orange, or 2 table- spoons water	Powdered sugar for rolling cubes

(Nuts and fruit may be omitted)

Soak gelatin in cold water ten minutes or more. Put sugar and boiling water in saucepan, bring to boiling point, add soaked gelatin, simmer slowly twenty minutes. Add fruit juice and coloring, strain, add nuts, etc., and turn into square wet pan to 1 inch in depth. Let stand in cool place over night or till firm; remove to board by quickly dipping pan in hot water, cut in cubes with knife dipped in hot water, and roll each cake in powdered sugar. Keep in tight jar. Other flavors and colors

may be used, and 4 tablespoons water or other juice may be substituted for the lemon and orange. Cinnamon, clove, anise, mint, or any flavoring may be used. For plain Turkish Paste omit fruit and nuts.

PLAIN TURKISH PASTE OR FRENCH Dainties

4 level tablespoons Knox	1½ cups boiling water
Acidulated Gelatin	4 cups granulated sugar
1 cup cold water	

Soak gelatin in the cold water ten minutes. Place sugar and boiling water on fire, and when sugar is dissolved add the soaked gelatin and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add ½ teaspoon of the lemon flavoring found in separate envelope and 2 teaspoons lemon extract. To the other part add ¼ teaspoon lemon flavoring and 1 teaspoon extract of cinnamon, cloves, or whatever flavor preferred. If peppermint is desired use ½ teaspoon only. Any coloring desired may be added. Pour into tins (which have been dipped in cold water) to the depth of ¾ inch, and let stand over night. Turn out, cut in squares with a knife dipped in hot water, and roll in powdered or fine granulated sugar.

Note: If the plain gelatin is used add 3 tablespoons of lemon juice to take the place of the lemon flavoring and lemon extract when making lemon dainties.

(SOUR CREAM) CHOCOLATE DELIGHT

1 level tablespoon gelatin	½ cup candied cherries
2 squares chocolate	¼ cup chopped English
3 cups sugar	walnut meats
1 cup sour cream	¼ teaspoon cinnamon
½ cup raisins	Pinch of salt

Soak gelatin in 2 tablespoons water ten minutes. Melt chocolate in saucepan placed in a larger pan containing boiling water. Add sugar and sour cream alternately, while stirring constantly. Bring to boiling point, and let boil until mixture forms a soft ball when tried in cold water. Remove from fire, add gelatin, and when dissolved add cinnamon, raisins, cherries (cut small) and nut meats. When partially cool, beat until creamy and turn into buttered tins, having mixture about 1¼ inch deep. Cool, remove from pan; cut in slices for serving. If sour cream is not available, use 1 cup milk and ½ tablespoon butter.

PARCHED CORN

Pick over a cup of corn—field corn is almost as good for the purpose, and some of us like it better than sweet corn—put it

in a colander, set in a bowl or deep pan, and pour boiling water over it. Let it stand five minutes, drain for twenty minutes, wipe dry with a coarse cloth and parch in a thick-bottomed frying pan containing 1 tablespoon butter. Place over very low heat so the steam in it will develop gradually when many of the kernels will burst, but not like white popcorn. Stir or shake almost constantly for the twenty minutes, or long enough to get it evenly and thoroughly browned and puffed, with some of the grains split or popped. It is better for the pan to use 1 tablespoon of butter in it, and it helps the parching, too. It can be parched in a popper.

Extra Recipes

Canning and Preserving

(Adapted from National and State Bulletins)

See Canning Chart for sterilization periods; also read following general information before canning any foods.

Note: The hot pack and *steam pressure* methods are best for meats and vegetables—the cold pack for soft fruits.

IMPORTANT GENERAL INFORMATION ON CANNING

If possible, can vegetables **within an hour or two** after gathering—they soon lose flavor. If vegetables such as peas and corn stand long enough to lose their sweetness, add **as much sugar as salt** to each can.

Flavor of canned food is improved if it is opened an hour before using. **Never risk using**, or even tasting, home-canned meats or vegetables without boiling five minutes, then if desired for salads they may be chilled. Do not use any canned food that has a sign of gas, "off odor," unusual softness or milkiness, or when the can shows signs of a leak or corrosion, bulging, or an outrush of liquid or gas when opened.

Clean fruits and vegetables thoroughly. **Soil or any foreign substance** clinging to them may contain dangerous bacteria that are difficult to kill. A **wire basket** is ideal for washing and scalding foods.

"Flat sour" is a condition of canned vegetables in which the appearance is good and the food is not dangerous, but the taste is flat and sour. Usually this is caused by allowing the food to stand at a lukewarm temperature sometime during the canning process.

Small amounts of food should be handled at a time so the work may be carried on **rapidly**. The food **should not be packed too solid** or in too large cans (seldom in 2 qts.). With a sterile paddle or knife, paddle out all air bubbles before putting on lids. Most foods should be packed while boiling hot, kept at least at boiling temperature till finished, and cooled as rapidly as possible without breaking jars. As soon as lids are tightened, invert to test for leaks.

Keep canned food at ordinary room temperature **for a week**, watching closely for signs of leaks or bubbles. If keeping perfectly **do not try to tighten lids before storing**, as it may break an otherwise perfect seal. If signs of spoiling occur, empty cans, sterilize

them thoroughly, and repeat all the former sterilization of the food, or discard it entirely.

Molds, yeasts, and bacteria are present everywhere in the air, dust, and on the surface of foods. In the **inactive** form they may not be seen, but when provided with moisture, warmth, and suitable food, they develop rapidly. Bacteria in the **active** form are killed by high temperature, but the **spores** or **inactive bacteria** that are likely to develop may resist boiling for several hours. They are more easily destroyed in the presence of sugar and **acid**, as in fruits, tomatoes and rhubarb, or when lemon juice or vinegar is added.

The addition of 1 teaspoon lemon juice or vinegar to each pint jar of food increases the chances for success in canning corn, beans, greens and all mild vegetables (if they are not canned by the safe steam-pressure method), and the acid taste is not likely to be noticed.

All **cans, lids, spoons, funnels, etc.**, used in canning, should be boiled fifteen minutes before using and should be **kept in the boiling water when not in use**. **Rubbers** should be boiled three minutes before using. Old rubbers must not be used, they must be soft and elastic. **Cans should be tested** with water in them before sterilizing, to discover any defects in cans or lids so the hot food will not have to be emptied out later. Be sure the glass in Mason lids is not cracked, and the springs on other jars are tight enough.

Canned food should be **stored in a dry, dark place** in order to check growth of any organisms that have not been destroyed, and to keep the food from bleaching. If stored in a **very** dry, warm place, the tops of cans should be dipped in paraffin to keep the rubber from drying out enough to crack. On the other hand, dampness causes rubbers to decompose and mold to develop.

QUANTITY GUIDE FOR CANNING

About 2 lbs. fruit or solid vegetables for 1 qt. jar of the finished product.

Fruits and Tomatoes

1 bu. apples	
sauce or butter	16-18 qts.
pieces	22 qts.
1 bu. cherries	20 qts.
1 bu. peaches	20-24 qts.
1 bu. pears	30 qts.
1 bu. plums	28 qts.
1 bu. raspberries . . .	24 qts.
1 bu. tomatoes	18 qts.

Vegetables

10-12 baby beets	1 pt.
$\frac{2}{3}$ lb. string beans	1 pt.
1 lb. chard	1 pt.
4 small ears corn	1 pt.
10 small carrots	1 pt.
2 qts. unshelled peas	1 pt.
$1\frac{1}{2}$ lbs. spinach	1 pt.

METHODS OF CANNING

STEAM-PRESSURE COOKER

Undoubtedly the steam-pressure method is the safest and quickest method for canning vegetables, meats, or any dense, non-acid foods in which it is difficult to destroy certain harmful bacteria. If used for soft fruits the time chart must be watched *very carefully*, as the high temperature makes them go to pieces easily.

The food should be prepared the same as for the Hot Pack and Hot Water Bath, but the specific directions for each outfit should be followed carefully. The amount of water, the pet-cock, etc., must be regulated correctly.

In general, 10 lbs. of pressure (240° F.) is used for vegetables, most of which are cooked at this temperature for forty minutes. The more dense vegetables, such as corn, pumpkin, lima beans, etc., are cooked fifty minutes. Meat is cooked at 10 lbs. pressure for one and three-quarter hours, or at 15 lbs. pressure for one hour.

STEAMER WITHOUT PRESSURE

The steam cooker may be used for fruits and other acid foods, such as tomatoes, rhubarb, fruit butters, ketchup, etc., if packed boiling hot, but may not be safe for other foods (although if pre-cooked and packed boiling hot with plenty of liquid, meats and the mild vegetables may be satisfactorily sterilized), if the time specified for the Hot Water Bath is increased about one-third.

OVEN CANNING

Meats and non-acid vegetables are difficult to can successfully in the oven, but fruits, fruit butters, tomatoes, rhubarb, catchup, and such foods may be prepared as for the Hot Pack in the Hot Water Bath, and set 2 inches apart in the oven on an asbestos mat or shallow pan. The food should be kept as near boiling point as possible while packing, and all utensils used should be carefully sterilized. The oven should be pre-heated to 300° F., and reduced to 275° F. when the cans are put in, and kept at that temperature from one to six hours, depending upon the kind of food and the type of oven. Usually one hour is sufficient for fruit, but the dry heat is not so penetrating as moist heat, so for other foods the time is much longer than by other methods—in some ovens three hours may be enough for vegetables. Watch cans carefully for a week before storing, to discover signs of leaks or spoiling.

INTERMITTENT OR THREE-DAY METHOD

For this method the food is prepared as for the Hot Pack, put into the Hot Water Bath and the sterilization is repeated for one hour each day for three days. The cans are removed from the hot water to cool quickly, and the lids are tightened after each period. Then the lids are loosened and the cans put back into the water the next day and brought to the boiling point as quickly as possible, boiled an hour, and the process repeated the next day, so that altogether the food is boiled for three hours. By this method the inactive bacteria, or spores, are given an opportunity to develop and in the active stage they are more easily destroyed, but the flavor of food is often destroyed also, and in some cases the food stands too long at the wrong temperature, so it is not recommended for meats. If proper precautions are taken, the continuous sterilization is sufficient in most localities, and the three-day sterilization considered unnecessary.

KETTLE METHOD OF CANNING

With this method the products seldom retain their color, shape, and flavor so well as with some other methods. Foods canned in this way may be satisfactory, but it is safer to sterilize the sealed fruit five minutes, and other foods ten or fifteen minutes, to destroy any harmful bacteria that may have survived or contaminated the food during canning. Be sure all utensils used are sterilized, and kept in boiling water when not in use.

Vegetables

Vegetables should be cooked in as little water as possible, so no excess liquid needs to be poured away when canning. If necessary, boiling salted water may be used to fill the cans (1 teaspoon salt to each quart).

Fruits

For a well flavored product, use as little water as possible and not too much sugar. Instead of using water for the liquid, a strained juice may be made by mashing and slowly heating part of the fruit, then straining it.

Raspberries

12 qts. berries, 2 scant qts. sugar. Use 2 qts. of the berries with 1 qt. water to make juice. Add the sugar, stir till dissolved, then, when it begins to boil (strain if desired), add the remaining berries. Heat slowly, then boil gently ten minutes. Skim while boiling. In order to keep fruit whole, several kettles should be

used for this amount. Seal carefully, then immediately process in boiling water five minutes.

Blackberries, Peaches, etc.

For large fruits a little extra syrup may be needed toward the end of the cooking. Only part of the fruit can be cooked at a time, and the jars must be filled and sealed as soon as the fruit is cooked. Cook the same as raspberries, using water or juice enough to dissolve sugar and keep fruit from sticking. Use *more water* or sugar if you like, but the following proportions are recommended:

8 qts. Blackberries—1½ qts. sugar, 1 qt. water, boil ten minutes.

12 qts. Blueberries—1 qt. sugar, 1 pt. water, boil fifteen minutes.

6 qts. Cherries or Strawberries (stemmed)—1 to 1½ qts. sugar, 1 qt. water, boil ten minutes.

8 qts. Peaches or Pears (halved and seeded)—1 qt. sugar, 3 qts. water, boil about ten minutes.

8 qts. Plums—1½ to 2 qts. sugar, 1 qt. water, boil five minutes.

Rich Preserved Cherries

Place 1¼ cups sugar in a saucepan and add 2 cups water. Boil until the syrup barely begins to form a thread when dropped from the edge of the spoon. Add 1 qt. stoned cherries and bring to the boiling point. Cook from five to seven minutes. Pack the cherries in hot, sterilized jars and pour on the hot syrup. Seal, cool, and store in a dark place.

Grape Juice (Kettle Method)

To about 8 lbs. grapes add 4 qts. of water; simmer till soft, then drain and for every quart of juice add ⅔ cup, or less, sugar, put on stove and just bring to boil, then seal. For richer juice to be diluted when opened, use only 1 cup water to 10 lbs. grapes, then to the strained juice add about 2 lbs. sugar. Do not boil grapes or juice—the flavor is best if kept just below boiling point.

COLD PACK METHOD

The Cold Pack is accepted only for the soft, acid foods, such as fruits, tomatoes and rhubarb, in which bacteria are quite easily destroyed or checked, and extra heating or handling is likely to injure flavor, color, or shape. The food is seldom actually *cold* when packed, although the outside may be chilled. Mild or dense foods, such as corn, greens, and Lima beans, should not

be canned cold or lukewarm, because they have a tendency to settle into a solid mass, making it difficult for heat to reach the center quickly, and spoilage is likely to result. All the steps in preparation and canning of food should be carried on rapidly so that masses of food are never allowed to stand at lukewarm temperature for even a few minutes—small amounts should be taken care of at a time, and the heating and cooling done as quickly as possible. If the process of preparing food is delayed it is best to bring it to the boiling point or pre-cook it before putting it into the cans.

By the cold pack method uncooked or partly cooked food is packed in sterilized jars, filled with boiling liquid, and at least part of the cooking and the sterilizing is done in the jars, using any preferred canning outfit.

Scalding, blanching, and cold dipping are steps used in preparing some foods for canning. A wire basket, or a colander with a square of cheesecloth, may be used for handling the food in these processes and also for washing it. When the food is not sufficiently heated before packing, it may shrink during the processing so the finished cans may not be completely filled, but this does not affect its keeping if the sterilization is complete.

Scalding is a very short immersion in steam or boiling water. Its purpose is (1) to loosen skins; (2) to lessen acidity and strong flavors.

Blanching is a much longer period of preliminary cooking. Its objects are (1) to start flow of coloring matter; (2) to shrink bulk so foods will take less space; (3) to eliminate acids; (4) to make intermittent methods of canning unnecessary. *The blanching time varies, but is always counted from the minute the water begins to boil after the product is immersed.*

Cold dipping is the plunge into very cold water immediately following the scald or blanch. It (1) sets the color; (2) hardens the pulp; (3) permits easier handling for peeling and packing. It never requires more than ten seconds, and should not cool the food more than necessary.

HOT PACK METHOD

The Hot Pack is especially recommended for vegetables, meats, and other non-acid foods, regardless of the type of sterilization used after packing. The foods are heated to boiling point, or pre-cooked and packed boiling hot with plenty of the liquid in which they were heated. Then they are placed in a canning outfit for the required length of time. In this way there is very little shrinkage after packing; there is no waste of food value by unnecessary cold dipping; and the food in the center of the can is quickly brought to the boiling point in the sterilizing outfit. For

food that needs peeling or, for some other reason, must be cold dipped after heating, it is brought to the boiling point again before packing.

PACKING JARS FOR STERILIZING

The jars should be tested for leaks or imperfections by filling with water and inverting, then they should be sterilized in boiling water fifteen minutes, and kept boiling hot till filled. To avoid burning the fingers and spilling food, the rubber rings may be put on before filling the jar. With Kerr lids the rubber is not needed. The food should not be packed too solid in the jars, and the boiling hot liquid should come within $\frac{1}{2}$ inch of the top of the jar after a sterile paddle or knife has been used to paddle out any air bubbles throughout the can. The shoulder of the cans (and edge, if necessary) should be wiped with a *sterile* cloth so the lid can fit perfectly. If the *food is pre-cooked* and boiling hot, the lid may be tightened. If the *liquid only* is boiling hot, adjust the lid so that it is held firmly in position, but omit the final turn of the Mason lid or the lowering of the side bail on spring-top jars. Tin cans may be sealed, but all the lids should be given the final inspection and more sealing, if necessary, immediately after removing from the outfit, and not changed after cooling, when there is no sign of leaking.

STERILIZING IN HOT WATER BATH, 212° F.

A commercial outfit or tightly covered wash-boiler may be used. Use enough boiling water to cover the jars 2 inches over the top. Set the jars, 2 inches apart, on a low rack in the bottom of the boiler to prevent breakage. Put on the cover, bring the water to the boiling point again as rapidly as possible, and start counting the time when the water boils vigorously over the top of the jars. Use an alarm clock if there is danger of over-cooking. When sterilized, remove jars from canner, tighten lids completely. If a lid with a rubber ring is used, invert to test for leaks. Cool as quickly as possible, avoiding drafts or cold water except for tin cans—they may be plunged into cold water immediately.

SYRUPS FOR CANNING FRUIT

The amount of sugar to be used depends upon the acidity of the fruit, the amount to be packed in jars, and the individual taste. Very heavy syrups keep soft fruits more firm and whole, but destroy the delicate natural flavor, and make them too rich to be so healthful as with less sugar.

About 1 lb. fruit fills a pint jar—1 bu. peaches (48 lbs.) should fill about twenty-four quart jars.

Large fruits require 1 scant pt. liquid to fill a quart can; small fruits need only a little over $\frac{1}{2}$ pt., so 3 qts. of syrup is enough for approximately 10 qts. of berries, or 6 to 8 qts. peaches.

The flavor is improved if fruit juice is substituted for at least part of the water in the syrup.

In judging the amount of sugar or syrup needed, note that, when granulated sugar is dissolved (not boiled) in boiling water, its bulk shrinks to almost half, for example:

2 qts. sugar dissolved in 1 qt. water makes 2 qts. syrup (generous).

1 qt. sugar dissolved in 1 qt. water makes $1\frac{1}{2}$ qts. syrup (generous).

2 qts. sugar dissolved in 2 qts. water makes 3 qts. syrup (generous).

(1 qt. granulated sugar weighs 2 lbs.)

TABLE FOR MAKING SYRUPS

(Bring to boiling point)

Density.	Sugar (pounds or parts).	Water (parts).	Approximate number of quart jars of medium-sized fruit canned with 1 pound sugar.
Very light syrup (20%). Very ripe sweet fruits.....	1	4	8 to 9
Medium light syrup (30%). Pineapple and other mild fruits.....	1	3	5 to 6
Medium heavy syrup (50%). Most fruits—berries, pears, peaches, etc.....	1	2	3 to 4
Heavy syrup (60%). Sour plums, cherries, and possibly peaches.....	1	1	2 to 3
Very heavy syrup. Gooseberries, or very sour fruit packed close.....	2	1	1 to 2

Time-Table For Canning Fruits, Tomatoes, Pickled Beets, and Pimientos in Hot Water Bath, 212° F.

(From U. S. Farmers' Bulletin 1471)

The times given for processing in boiling water apply only to places with altitudes of 1000 feet or less. For all altitudes above 1000 feet the time should be increased 20 per cent. for each additional 1000 feet.

When ½-gallon glass jars are used, add five minutes to time given for quart glass jars.

Product.	Method of treatment before processing.	Processing period in boiling water.	
		Pint and quart glass jars.	No. 2 and No. 3 tin cans.
Apples.....	Slice, quarter, or halve, then pack in containers, and cover with boiling syrup....	15 min.	10 min.
	Or boil whole in syrup, or bake as for serving, and cover with syrup, and pack hot.	5 min.	5 min.
	Or pack hot in form of apple sauce.....	5 min.	5 min.
Apricots.....	Same as peaches.		
Blackberries...	Pack in containers. Fill with boiling hot, medium syrup.....	20 min.	15 min.
Blueberries...			
Dewberries...			
Huckleberries..			
Logan blackberries.....			
	Or pre-cook and pack hot.....	5 min.	5 min.
Raspberries...	Pack in containers, cover with boiling syrup, using thick syrup for sour cherries, and medium for sweet.....	25 min.	20 min.
Strawberries...			
Cherries.....			
	Or remove pits, add sugar as desired, bring to boil, pack.....	5 min.	5 min.
Currents.....	Same as berries.		
Figs.....	Sprinkle 1 cup of soda over 6 qts. of figs. Add 1 gal. of boiling water. Allow figs to stand in this 5 minutes. Drain and rinse well. Add 2 qts. boiling medium syrup. Boil for 1 hour. Fill in containers. Cover with hot syrup.....	5 min.	5 min.
Gooseberries...	Pack in containers. Fill with boiling hot, thick syrup.....	20 min.	15 min.
	Or prepare sauce, using sugar as desired. Fill hot.....	5 min.	5 min.

Product.	Method of treatment before processing.	Processing period in boiling water.	
		Pint and quart glass jars.	No. 2 and No. 3 tin cans.
Peaches.....	Scald, dip into cold water, and peel. Cut into size desired, removing pits. Fill containers, then add boiling syrup of desired consistency, in which one cracked peach pit for every quart of syrup has been boiled.....	20 min. for ripe fruit, 25 min. for firm fruit.	15 min.
Pears.....	Pare and cook for 4 to 8 minutes in boiling, medium syrup. Pack hot in containers, and fill with the boiling syrup.....	20 min.	20 min.
Pineapples....	Cut into convenient cross sections. Peel, core, remove eyes. Pack in containers. Fill with boiling, thin syrup.....	30 min.	25 min.
Plums.....	Prick. Fill in containers. Cover with boiling, medium syrup.....	20 min.	15 min.
	Or bring to boil, using sugar as desired. Fill hot into containers.....	5 min.	5 min.
Rhubarb.....	Cut in half-inch lengths. Add one-fourth as much sugar as rhubarb by measure. Bake until tender in covered baking dish. Pack in hot containers.....	5 min.	5 min.
	Or pack uncooked with boiling syrup.....	20 min.	15 min.
Strawberries...	To each quart add $\frac{1}{2}$ to 1 cup of sugar and 2 tablespoons of water. Boil slowly for 15 minutes. Let stand over night in the kettle in a cool place. Re-heat to boiling. Fill containers hot.....	10 min.	5 min.
Tomatoes....	Scald and peel. Pack (not too solid) whole or cut in pieces. Cover with hot tomato juice or bring all to boiling point. Add 1 teaspoon salt to each quart.....	45 min.	35 min.
Tomato puree or soup.....	Bring to boiling point.....	20 min.	15 min.
Pickled beets..	Pre-cook, cold dip, peel, and slice into containers. Cover with mixture of weakened vinegar and sugar, boiling hot. (See recipe)	30 min.	30 min.
Pimientos (peppers)...	Heat in oven to loosen peel. Peel and pack in small containers. Add $\frac{1}{2}$ teaspoon salt to each pint. Add no liquid—processing extracts a thick liquor. (See other recipes also.).....	40 min. pint glass jars	30 min. No. 1 or No. 0 tins

Time-Table For Non-Acid Vegetables in Hot Water Bath

(Follow directions for Hot Pack)

All mild vegetables, such as corn, string beans, Lima beans, beets, greens, etc., should be packed boiling hot, brought to the boiling point again as quickly as possible in the canning outfit, and, when sufficiently sterilized, cooled as quickly as possible. Lukewarm temperature is fatal to meats and all vegetables (except, perhaps, tomatoes and rhubarb). The pressure cooker is the safest method.

To shorten the given time of processing about one-third, and increase the chances of perfect sterilization, 1 teaspoon lemon juice or vinegar may be added to each pint of vegetables when packing for the hot water bath.

1 teaspoon salt should be added to each quart vegetables, and 1 teaspoon sugar also added to each quart peas and corn, if desired. Add $\frac{1}{2}$ teaspoon salt to pints.

The following time-periods are for quarts or pints; the seasonings for quarts. Start counting time when water boils vigorously over the jars.

Product.	Method of preparation.	Processing period.
Beets.....	{ Steam or boil 15 minutes. Cold dip and peel. Bring to boiling point again, loosely pack in cans, fill with the hot liquid, add 1 teaspoon salt and partly seal.....	2 hours
Carrots.....		
Sweet potatoes.....		
Parsnips.....		
Asparagus.....	{ Steam 15 minutes or boil 5 minutes. Pack loosely—boiling hot. Fill with the liquid or boiling water. Add 1 teaspoon salt and partly seal.	2 hours
Chard.....		
Greens.....		
Spinach.....		
Peas.....		
String beans.....	{ Prepare as for cooking. Boil 10 minutes. Pack boiling hot. Add 1 teaspoon salt. Partly seal.....	2½ hours
Lima beans.....		
Okra.....		
Cauliflower.....		
Turnips.....		
Corn.....	{ Cut from cob without cooking. Boil 5 minutes in little water. Pack boiling hot. Add 1 teaspoon salt, 1 teaspoon sugar. Partly seal.....	3 hours
Succotash.....	{ Prepare as for separate canning. Mix and boil 15 minutes. Pack boiling hot. Season and partly seal.....	3 hours, or for longest given period included
Vegetable mixtures..		
Pumpkin.....	{ Steam, bake or boil until tender. Mash quickly through colander. Heat carefully to boiling point if possible. Pack; add 1 teaspoon salt	4 hours
Squash.....		
Mushrooms.....	{ Wash thoroughly. Cover with boiling water. Boil 3 minutes. Pack lightly in jars.....	3 hours

MISCELLANEOUS CANNING

SWEET PEPPERS CANNED WITHOUT WATER

Remove the seeds and stem from sweet peppers. Pack dry in smallest size sterilized jars. Put on the top without completely sealing jars. Sterilize in hot-water outfit 2 hours. The processing brings out a thick liquor. Seal and cool quickly after removing from the boiling water. When only part of a can of peppers are used, cover the remainder with cooking oil or melted paraffin in a jelly-glass. Store peppers in a cool, dark, dry place.

SWEET PEPPERS (PIMIENTOS) CANNED WITH WATER

Remove seeds and stems. Plunge into boiling water, and simmer gently five minutes (no longer) to slightly soften them and remove some of the strong flavor. Without peeling or allowing the peppers to cool, pack them into very small, sterilized jars. Fill with fresh boiling water (add no salt), partially seal and sterilize (boil) them in the hot water bath 30 minutes. Seal. Keep in dark, cool place.

SWEET PEPPERS CANNED WITHOUT COOKING

Remove stems and seeds. Wash carefully and scald a moment in boiling water. Pack into small sterilized jars and cover with a mixture of boiling water and vinegar—about $\frac{1}{8}$ as much vinegar as water. Seal. Canned in this way they will be slightly sour, but may be used in salads, although they are not as crisp as when fresh. Keep in the dark.

CANNING FRUIT JUICES

Kind.—Grape, berry, apple (cider), etc.

Method.—Clean, stem, and wash fruit; heat slowly to simmering point with very little water; strain as for jelly; squeeze pulp for second extraction of juice, which will not be so clear. If desired, sweeten with about 1 pt. sugar to 4 pts. juice. Reheat juice, never above 200° F., fill clean bottles; cork loosely.

Sterilize in hot water bath twenty minutes just below boiling; the flavor is spoiled if water boils vigorously. Remove, cork tightly, and dip top in paraffin.

QUICK GRAPE JUICE

Put 2 cups whole washed grapes into a sterilized quart can, add 1 cup sugar, and carefully fill can with boiling water, leaving no room for air in the can. Seal without further heating. Invert several times to help dissolve the sugar. The lids and cans should have been boiled about 10 minutes before using.

SALT CANNED BEANS

String and cut fresh snap beans as if for immediate use; tightly pack a jar with alternate layers of the sliced, uncooked beans, add salt, allowing $\frac{1}{2}$ cup of salt to each quart of beans; then fasten air-tight with some of the salt at the top. If enough brine to cover the beans does not develop in a few days, slightly salted water may be added. Will keep crisp and green for months; can also be taken from the salt and pickled at any time. When opened they may be soaked over night; one hour may be plenty, then parboil and drain them once or twice in fresh water to remove salt.

CANNING MEATS OR FISH

For safety, boil all canned meats 5 minutes before tasting.

Uncooked Meats.—Pack boiling hot the same as vegetables in sterilized jars without completely tightening lids, and sterilize in hot water outfit 4 hours, or steamer 5 hours, or in steam-pressure cooker at 10 lbs. pressure $1\frac{1}{2}$ hours. Use boiling stock or water for filling the jars—boil the meats in the liquid for one to five minutes, depending upon size of pieces, and pack boiling hot.

Cooked Meats.—Pack boiling hot, and sterilize $1\frac{1}{2}$ hours.

CANNING SOUPS OR PURÉE

Fill jars with boiling hot soup and sterilize in hot water outfit $1\frac{1}{2}$ hours. Tomato soup requires only 15 minutes in the hot water bath, if packed boiling hot.

DRYING FRUITS AND VEGETABLES

Vegetables dry in three or four hours; fruits require four to six hours by artificial heat.

Foods may be dried by the sun, artificial heat or electric fan. Trays, or racks with movable wire trays, may be used in the oven or supported above the stove.

Free circulation of air should be permitted around and through the food which should be spread in thin layers. It should be protected from dust and flies. The trays may be covered with loosely woven cloth. There should be enough heat to dry the food quickly without overheating or cooking it.

The food should be moved and stirred often to insure uniform drying and prevent mold. The drying should be continued until no moisture can be pressed out of cut sections, but the food should not be brittle; fruit should be leathery and pliable.

The finished product should not be packed for several days, and should be emptied back and forth into other receptacles three or four times.

The food may then be packed in air-tight cans or hung in cloth bags in a dry place, or kept in paraffin-coated paper containers.

Fruits and vegetables should be prepared as for cooking—only the sound, tender, edible portions, and the best grades should be dried. Vegetables, especially, should be dried very soon after gathering.

Apples, pears, and quinces should be pared, cored, cut in eighths, or slices $\frac{1}{4}$ inch thick. As it is prepared, dip the fruit for a minute in salt water (3 tablespoons salt to 1 gallon water) to prevent discoloration. Drain and wrap in cloth for a few minutes to absorb surface moisture. If preferred, the pears and quinces may be steamed ten minutes before drying.

When ready to cook dried fruit, it should be soaked from two to eight hours (depending upon the thickness), using about 3 parts water to 1 part fruit.

Berries (all kinds), **cherries, currants, grapes, etc.**, can be dried. They must be carefully looked over, and only the sound fruit used. The temperature of the oven should be increased gradually from 100° to 140° F. To cook them, they must be soaked four or five hours in $1\frac{1}{2}$ parts water to 1 part berries, then simmered without draining.

Sweet corn should be cooked from three to five minutes, then cut off and spread on trays. Even if dried in the sun it should be started in the slow oven for about half an hour. If dried in the oven it should be started at 110° F., and gradually increased to 145° F. for three or four hours. Before cooking dried corn, it should be soaked two to four hours in 2 parts of water to 1 part corn, and do not drain.

String beans, green peppers, and hot peppers may be strung, not too closely, on strong strings (tying or using a needle), and hung in a warm attic to dry. Soak the beans over night before cooking. The peppers are broken and used for seasoning (with or without soaking). **String beans and other beans and peas** may also be ripened (and at least partially dried) on the vines, then shelled.

STORING VEGETABLES AND FRUITS

All fruits and vegetables except pumpkins keep best in a cold, dry place with good ventilation. **Pumpkins** should be kept in a dry, warm place. **Sweet potatoes and winter pears** keep best if wrapped separately in paper. **Beets, carrots, and turnips** keep well in boxes of sand in a cool cellar. **Green tomatoes**

may be hung in a cool, dry, dark place to ripen on the vines. **Apples** and **potatoes** should be spread out, sorted often, and kept cool. Sort and handle all foods carefully, bruised spots soon rot.

CURING AND PRESERVING MEATS

For complete instructions for slaughtering and curing all kinds of meat send to U. S. Department of Agriculture for the following bulletins: "Beef on the Farm," Bulletin No. 1415; "Mutton," Bulletin No. 1172; "Pork," Farmer's Bulletin No. 1186.

Cook cured meats thoroughly before eating. Meat should never be allowed to freeze either before or during the period of curing.

The proper time to begin curing is when the meat is *cool* and still fresh, or about twenty-four to thirty-six hours after killing.

SALT-CURED PORK

(Expert Meat Packer's Formula.)

For 100 lbs. meat use:

8 lbs. salt

3 oz. saltpeter

2½ lbs. brown sugar (or molasses)

4 oz. black pepper

(Use only pure dairy salt or table salt)

Mix these together, reducing the saltpeter to powder. Rub $\frac{1}{3}$ into the meat and pack it in stone jars, a barrel, box, or other container. Let it stand three days, then unpack and rub another $\frac{1}{3}$ of the mixture on; pack it again, let it stand four days, then in order to reach all parts thoroughly, especially joints and thick parts, unpack and rub the balance of the mixture on; pack tightly, and in six days, unless the dry cure is preferred, add enough water, salted strong enough to float an egg; pour over the meat just enough to cover it and put it away, well weighted down, five to six weeks, according to size of pieces. Then unpack, dip the pieces in warm water, dust well with black pepper, put each piece in a cheesecloth sack, and hang it up and smoke it for about six days.

If the dry cure is preferred do not add the water, but allow the meat to stand in the dry mixture two days for each pound that the individual pieces weigh, for example, a 15-lb. ham will take thirty days, a 10-lb. piece of bacon takes twenty days, counting from the time the first part of the mixture was rubbed on.

SUGAR- OR BRINE-CURED PORK

(Government Formula for 100 lbs.)

9 lbs. salt

2 oz. saltpeter

2½ lbs. sugar or 4 lbs. molasses
or syrup made from sugar

4½ gallons water

If the weather is warm 10 lbs. of salt is preferable

Allow four days for curing each pound of ham or shoulder, and three days for each pound of bacon and smaller pieces. For example, a 15-lb. ham will take sixty days; a piece of bacon weighing 10 lbs., thirty days.

All the ingredients are placed in the water and thoroughly stirred. The brine mixture should be prepared the day before it is to be used, so that it will be completely dissolved. Place the hams on the bottom of the container, shoulders next, bacon sides and small cuts on top. Cover with boards weighted with stones or bricks, as iron rusts and stains the meat. Pour the pickle in and be sure that it covers the meat thoroughly. In seven days take out all the meat, remove the pickle, replace the meat in the container, weight it down, then cover again with the pickle. Repeat this process every seven days until cure is completed.

If the pickle becomes ropy, take out all the meat and wash it and the container thoroughly. Boil the ropy pickle or, better, make new pickle. When each piece of meat has received the proper cure, remove it from the pickle and wash in lukewarm water. String it, dust with pepper, and hang it in the smokehouse. The temperature of the smokehouse should not exceed 120° F. Smoke the meat until it has a good chestnut color.

From thirty-six to forty-eight hours may produce a satisfactory color, but if it is intended to keep the meat until well aged, longer and slower smoking is desirable (five or six days).

During warm weather it is better to start a fire every other day rather than heat the meat too much. In the winter, however, if the fire is not kept going, the meat may cool and the smoke will not penetrate properly. As soon as the meat is thoroughly smoked, open the doors and ventilator in order to cool the meat. When the meat is smoked it may hang in the smokehouse, but it is better that it should be wrapped and sacked.

Do not hang up by the same string used in smoking—the sack must be closed and tied tightly at the top; then it may be painted with a *Yellow Wash* to keep insects out. For 100 lbs. hams or bacon use:

3 lbs. barium sulphate

1¼ oz. chrome yellow

1 oz. glue (dry)

6 oz. flour

Half fill a pail with water and mix in the flour, breaking up all lumps thoroughly. Mix the chrome yellow in 1 qt. of water

in a separate vessel, add the glue, and pour both into the flour-and-water mixture. Bring the whole to a boil and add the barium sulphate slowly, stirring constantly. Make the wash the day before it is required. Stir it frequently while using, and apply to the sacks with a brush. Never stack meats after painting.

PORK SAUSAGE

(Government Formula.)

Good pork sausage may be made as follows:

65 lbs. fresh, lean meat	2 oz. fine sage (or part
35 lbs. fat meat	summer savory)
1 1/3 to 1 3/4 lbs. salt	1 oz. ground nutmeg
	4 oz. black pepper

Cut the meat into small pieces, mix and add the spices, and then put through the grinder, using the small plate. After it is well ground, mix thoroughly to be sure that it is uniformly seasoned. No water should be added if the sausage is to be stored away in bulk. If it is to be stuffed in casings, a little water may be necessary to soften the meat so that it will slip easily into the casings. Cook thoroughly before eating.

Muslin bags can be made of any size, but the most convenient are 12 inches long by 2 inches in diameter. When sausage is stuffed in muslin bags they should be paraffined after stuffing. Sausage stuffed in muslin bags and paraffined keeps longer and better than in casings. When set in a cool place, sausage will keep very well in stone crocks if a layer of hot lard is poured over the top.

SOUTHERN SAUSAGE

5 lbs. fresh pork (quite lean)	3 teaspoons sage or part
5 scant teaspoons salt	sweet marjoram
3 to 4 teaspoons pepper	1 heaping teaspoon summer
3/4 teaspoon thyme	savory

PORK HEADCHEESE

(Government Formula.)

The head should be shaved clean, the snout skinned, and nostrils cut off just in front of the eyes. Cut out the eyes and ear-drums. The fattest part should be used for lard. When the head is cleaned, soak it in water for some time to extract the blood and dirt. After the head is thoroughly cleaned, cover it with water and boil until the meat separates from the bones. Tongues may be cooked with the head. When thoroughly cooked take out the meat, saving the liquor for future use. Chop the meat up fine. Season with the following for every 50 lbs. of meat:

2 gallons of the liquor
 1½ lbs. salt

3 ounces black pepper
 1 ounce red pepper

4 ounces ground cloves

All should be mixed thoroughly so that proper seasoning is obtained. If casings are available, stuff the mixture into large beef casings. A hog stomach, after it is thoroughly cleaned, may be used. If the meat is stuffed into casings, it should be boiled again in the same liquor in which the meat was boiled. The meat in the casings should be boiled until it floats, then placed in cold water for a short time. Store it away in a clean, cool place on a shelf or table. Place a board over the meat in the casings, with a weight on top in order to hold the shape and to prevent the moisture from collecting in one spot. If there are no casings available in which to stuff the meat, it should be kept in shallow pans.

LIVER PUDDING

All the odds and ends of trimmings, not otherwise used, may be used in making liver pudding. The head, if used, should be cleaned as previously described under "Headcheese." The jowl should be cut off and salted down. The head, liver, cut into slices, and some beef or veal, if any is at hand, should be put into a kettle and boiled. The skin which has been cut from the fat also can be boiled with this meat. The skin will cook more quickly than the meat, so that it should be put into a cloth sack and removed when thoroughly cooked. Livers also cook in a very short time, and should be removed. The meat should cook until it falls from the bones. All the meat except the skin and liver should be ground, using the smaller grinder plate. To 40 lbs. of meat add about 1 gal. of the broth the meat was cooked in, and the following seasoning:

1 lb. salt

1 oz. allspice

3 oz. sweet marjoram

1 oz. black pepper

Garlic or onion, if desired

The seasoning should be worked into the meat. This finished product can be put into jars covered with paraffin, or stuffed into beef rounds. When stuffed into casings it should be cooked until it floats in the same water in which the meat was cooked. Then place in cold water until it is thoroughly cooled.

CORNED BEEF

(Government Formula.)

Use rump, chuck, plate or any good, cheap cuts of beef. Cut pieces about 6 inches square and of uniform thickness to pack in even layers in barrel or stone jar. Be sure the meat is in perfect condition and not frozen. For each 100 lbs. allow 8 lbs.

of salt; sprinkle a layer of salt $\frac{1}{4}$ inch in depth over the bottom of the vessel (a stone jar or wooden barrel which has been thoroughly cleaned and scoured is preferable); pack the cuts of meat as closely as possible, making a layer 5 or 6 inches thick; then add alternate layers of salt and meat, being careful to cover the top layer of meat with considerable salt.

Allow the salted meat to stand over night, then add a solution composed of ingredients in the following proportion: For 100 lbs. meat use 4 lbs. sugar, 2 oz. baking soda, and 4 oz. saltpeter dissolved in 1 gallon lukewarm water. Mix thoroughly and pour over the meat. Then add 3 gallons water. Keep the meat entirely under the brine by using a loose board cover with a weight on it. If any of the meat projects it causes the brine to spoil in a short time.

If the meat has been corned during the winter and must be kept into the summer season, it is advisable to watch the brine closely during the spring, as it is more liable to spoil at that time than at any other season. If the brine appears to be ropy, the pieces of meat should be removed and vigorously washed with a stiff brush and hot water, then repacked and covered with new brine. The brine should be kept in a cool place, as the sugar in the brine has a tendency to ferment. To cure thoroughly the meat should be kept in the brine twenty-eight to forty days. Meat removed from the brine should be hung up and allowed to drain thoroughly before wrapping or smoking.

DRIED BEEF

(Government Formula.)

The round is commonly used for dried beef, the inside of the thigh being considered the choicest piece, as it is slightly more tender. The round should be cut lengthwise of the grain of the meat in preparing for dried beef, so that the muscle fibers may be cut crosswise when the dried beef is sliced for table use. Cure the meat in the same manner as described under corning, with the exception of adding an additional pound of sugar per 100 lbs. of meat. After being removed from the pickle, the meat should be smoked twenty-four to thirty-six hours, and hung in a dry place or near the kitchen fire, where the water will evaporate from it. It may be used at any time after smoking, although the longer it hangs in the dry atmosphere the drier it will become.

PICKLED BEEF TONGUE

Soak beef tongue over night or several hours in strong salt water to draw out blood and mucus. Wash well and cook rapidly in fresh boiling water for fifteen minutes, then simmer till tender, but not soft enough to go to pieces. Let cool in the

liquor, skin, slice, and put into a 2-qt. Mason jar. Steep 2 heaping tablespoons pickling spices in $1\frac{1}{2}$ cups strong vinegar, then add $1\frac{1}{2}$ to 2 cups of the liquid in which the tongue was cooked. Add about 2 teaspoons salt, pepper to suit taste and pour over the tongue. Tighten the lid so the jar may be laid on its side in order that the flavor of the spiced liquor may be more thoroughly absorbed. Shake occasionally. Will keep a long time in a cold place.

Jelly, Preserves, Conserves, Jams, Etc.

GENERAL RULES FOR MAKING JELLY

PECTIN, AND THE PROPORTIONS OF SUGAR FOR JELLY

Pectin in fruit juice is that substance which makes it jell when combined with the right amount of *sugar* and *acid*. Currant, crabapple, apple, quince, grape, blackberry, raspberry, and plum juices are most desirable when no extra pectin is to be added, although the addition may be made in order to save time and make a larger quantity of jelly. By mixing other fruit juice with any of the above juices or with a commercial or home made pectin *any fruit juice* may be jellied if directions are followed.

Fruits that are **over-ripe**, or **rain-soaked** by gathering directly after a rain, or fruits that **stand too long** after picking, lose some of their jellifying power and flavor. Just-ripe fruit has the best flavor, but in most cases when no extra pectin is added, slightly under-ripe fruit should be used. *Over-cooking the fruit* or *using too much water* lessens the proportion of pectin. If mashed or cut small, fruit should be cooked enough for jelly by simmering in a covered kettle five to fifteen minutes according to the hardness.

Since the **acidity** and the **pectin content** of even the same kind of fruit differs greatly in different stages and seasons and under certain conditions, it is impossible without making a test to specify an exact amount of sugar to make a perfect jelly with any kind of fruit juice. Usually the amount of sugar ranges from three-quarters as much sugar as juice to equal parts of each, but if the juice is very low in pectin content, this amount of sugar would produce a *soft* or *syrupy* jelly. Unless too much water is used in cooking, currants and half-ripe grapes require equal parts of sugar and juice. The sourness or richness of juice does not definitely indicate the amount of pectin. If too much sugar is added the jelly may be *too stiff* or *may crystallize*.

Simple tests may be made to determine the amount of pectin in any fruit juice *before the sugar is measured*. The tests take only a few minutes, but they may save a great deal of material, extra work, and disappointment.

1. **Alcohol Test for Pectin.**—Mix 1 tablespoon of the heated, strained fruit juice with 1 tablespoon alcohol (wood or grain). Let stand till cold—no longer, for the alcohol may start to dissolve the pectin after that. (Destroy it at once, as it is poisonous.)

2. Epsom Salt Test for Pectin.—Mix 1 teaspoon of the hot fruit juice, $\frac{1}{2}$ teaspoon sugar, and $\frac{1}{4}$ teaspoon Epsom salt. Stir till thoroughly dissolved, then let stand five minutes—no longer, for after that the lumps may form regardless of the amount of pectin.

With *either of the above tests*, if pectin is present in large amounts it will form in a comparatively large *almost firm lump* in the juice. This indicates that when the juice, previously measured into the kettle, begins to boil, 1 cup of sugar should be added for each cup of juice.

If the test shows *several small lumps*, instead of one large one, it indicates less pectin so only $\frac{2}{3}$ cup sugar should be added to each cup of juice, and it is best to allow this weaker juice to boil down about ten minutes before adding the sugar. If the test shows *very small lumps or none at all*, about half as much sugar as juice should be measured, then the juice should be boiled down about twenty minutes before adding the sugar; or a better method would be to add an equal quantity of apple juice or add extra pectin, 4 to 6 tablespoons home-made pectin to each cup of the weak juice, then equal amounts of sugar and juice may be used. Commercial pectin is very concentrated and in most cases allows two parts of sugar to one part juice. The pectin should be added when the sugar and juice come to a boil. *Commercial pectin is used in recipes for jelly on following pages.* If home-made pectin is used, test the jelly with a spoon before pouring into glasses—it may need more boiling.

Home-made pectin may be made from the fresh or dried white part of grapefruit and lemon peel (orange peel contains too much flavor to be used with some of the mild juices), or apple peeling and cores may be used.

(1) Lemon and Grapefruit Pectin.—Shave off all the yellow part so only the white peel remains. Use 2 qts. water to each pound fresh peel, or use 9 cups water to $\frac{1}{4}$ lb. of dried peel, and soak two hours. Boil till reduced to a little less than half, stirring often to prevent scorching.

Strain through several thicknesses of cheesecloth. By adding 2 qts. water to the drained peel and boiling again, a second (and perhaps a third) extraction may be made. If grapefruit peel is used alone, add 2 teaspoons cream of tartar when the first boiling begins. This should make about 1 qt. of syrupy pectin, which may be bottled or used at once.

(2) Apple Pectin.—Use 4 lbs. thinly sliced, firm tart apples, or 4 lbs. of the peelings. Boil rapidly with nine cups water for fifteen minutes, stirring often. Strain through four thicknesses of cheesecloth wrung out of hot water. If the apples are not very tart add the juice of a lemon as the acid aids in jellifying.

PREPARATION OF FRUIT

Fruit should be carefully and thoroughly *washed before stemming or cutting*, so no juice is washed away. A colander, sieve, or wire basket should be used for washing, and the fruit dipped in and out of the water, or held under a faucet.

Then the fruit should be crushed or sliced as thin as possible so it *softens quickly without over-cooking*. Steam or simmer the soft fruits in just enough water to keep from sticking, possibly one-eighth as much water as fruit; ten minutes should be long enough for cooking. Hard fruits may need almost equal amounts of water. They must be cooked longer and mashed while cooking (then the drained juice may need to be boiled down from one-third to one-half its former volume.)

EXTRACTION OF JUICE

When all the fruit is soft and well mashed, remove from the heat, let stand about five minutes for the mass to settle, then dip or pour into a flannel or cheesecloth bag wrung out of hot water, or use a square of heavy cheesecloth placed over a colander and pan of suitable size. If the square is used, lift the ends occasionally (to form a hammock), and drain off the free juice. To make a second extraction after the pulp is well drained (usually over night), add about an equal amount of water and boil the pulp again for five minutes, let stand ten minutes, and drain again. The second extraction may be squeezed, but it will not make such a clear jelly as when not squeezed. It is especially necessary to test the second extraction for pectin. If it shows little pectin, it should be boiled down about half and tested again, or some extra pectin should be added.

BOILING AND TESTING JELLY

The best results are obtained when the sugar for jelly is added slowly, or warmed before adding to the boiling juice. Since one extra cup of sugar can spoil the texture of jelly, it is safest to count aloud and measure the sugar twice before adding it. If the juice must be boiled down to make it thicker or increase the proportion of pectin, it should be done before adding the sugar. **If pectin is to be added**, the sugar and juice should be brought to the boiling point and usually the recipes specify boiling from thirty to sixty seconds before the pectin is added, and then it is boiled rapidly again for one-half minute. The pectin requires extra sugar, but *saves fruit, flavor, and time*. (If cooked too long, pectin loses jelling power.) These recipes refer to *liquid* pectin.

Small amounts of the juice, not more than 1 or 2 qts., *should be boiled at a time*, and a wide kettle holding two or three times the

amount should be used so the juice may boil rapidly without overflowing.

With a cold silver spoon, lift a small amount of the boiling juice high above the kettle to cool a moment, then allow it to drop from the side of the spoon. When beginning to thicken, the syrup falls in single drops, then, in the next stage, 2 thick drops will fall at once. Very soon the 2 drops will flow together. In a few seconds the next test should show the juice forming *a lump or sheet about 1/2 inch wide* at the edge of the spoon then breaking loose at one edge and pulling itself off. Immediately the kettle should be removed from the flame, allowed to stand a few seconds for the bubbles to collect at one side, then skim or, without stirring, pour the clear jelly into hot sterilized glasses or into a hot sterilized pitcher used for filling the glasses. The glasses should have been boiled fifteen minutes, then they may be well drained and set in a shallow pan containing about 2 inches of boiling water.

SEALING JELLY

The glasses should be well filled, about 1/4 inch from the top (not more than 1/2 inch), and a thin layer of paraffin should be added immediately to protect the jelly from dust. In a few hours or the next day, when the jelly has shrunk and "set," loosen the edge of the jelly with a knife about 1/2 inch down the inside of the glass, pour boiling hot paraffin around the edge and over the top of the first layer to insure a perfect seal. To protect the jelly from organisms that cause mold to develop, cover the glasses with lids; or dip circles of paper into the white of 1 egg and 1 tablespoon water beaten together, and press the paper over the glass. The paper may be held in place with a rubber band until dry, or it may be tied on. (Cooked starch may be used instead of egg.)

The above general rules should be read carefully before making jelly. In the following recipes very brief instructions are given.

STRAWBERRY, RASPBERRY, BLACKBERRY, OR LOGANBERRY JELLY

4 cups berry juice (or half
apple)

4 cups sugar
1/2 cup pectin

At least 2 qts. fruit (just ripe, and measured when ready for cooking) should be well crushed and simmered in 1/2 cup water for about five minutes. Strain through cheesecloth, then, if

desired very clear, strain again through a flannel bag wrung out of hot water. Heat the juice, add the sugar, stir constantly till it begins to boil (use extreme heat), add pectin, bring to boiling point and, when boiling hard, count the time for one minute, stirring constantly—then remove from the fire and fill glasses. The jelly may be tested while boiling, but if the commercial pectin is used it should jell perfectly when set—unless more water was used or the fruit was over-ripe or not fresh enough.

UNCOOKED BERRY JELLY

3 cups juice

1 cup pectin (Certo)

6 cups sugar

Thoroughly mash almost 3 qts. fresh, ripe, juicy berries of any kind. (Do not cook and do not drain over night.) Place in a thin cheesecloth bag and squeeze out the juice, then drip through a cotton flannel bag to clear it well, if a sparkling jelly is desired. In a large pan bring juice and sugar to boiling point, add pectin, stir constantly, and bring to rapid boil; boil for one-half minute, remove from heat, test while allowing the jelly to stand a minute. Skim and pour into glasses. (If the test is not satisfactory, boil a few seconds longer.) The drained pulp may be used for jam.

APPLE OR CRAB APPLE JELLY

Firm, ripe crab apples or firm, tart apples make excellent jelly without adding other fruit or extra pectin, although the additions may be made for variety in flavor, or in order to make extra jelly with a smaller amount of apples. To avoid the woody flavor, cut out all stems, blossoms, and bad spots, but the cores and peels should be used. Cover with water or use about 1 qt. water with 3 lbs. apples. Simmer till they begin to soften, then mash well and simmer five minutes longer (about fifteen minutes in all). Finish according to general directions, using three-quarters as much sugar as juice.

If pectin is added the proportions are: $4\frac{1}{2}$ cups apple juice, $7\frac{1}{2}$ cups sugar, and $\frac{1}{2}$ cup pectin. Bring juice and sugar to a boil, stirring till the sugar is dissolved; add pectin, boil vigorously one-half minute, and remove from the heat. Let settle a moment, skim, and fill glasses.

QUINCE JELLY

Quince jelly is more satisfactory if mixed with about equal parts of apple juice. If a rich red color is desired the quinces should be cooked slowly for several hours in a fireless cooker, or thirty-five minutes in the steam-pressure cooker at 10 lbs. Or they may be cooked the same as apples. The color may also be made richer by using one-third of cranberry, apple, and quince juice. When cran-

berries are added the proportion of sugar should be three-quarters as much sugar as juice. If apple and quince are used alone, two-thirds as much sugar as juice is satisfactory. Bring it to a rapid boil; test and finish according to general directions. If desired, a few drops of pink fruit coloring may be added before pouring into glasses.

If pectin is added the proportions are: 4 cups juice (quince, or either combination), $7\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup pectin. Finish the same as apple jelly, with pectin.

CURRENT JELLY

Currents alone make a good tart jelly, but the flavor is improved by the addition of *red raspberries*—equal parts. (If used alone the current juice requires equal parts of sugar and juice for jelly.) If the *mixture* is used, mash about $2\frac{1}{2}$ qts. fruit, heat slowly (with little or no water), stirring often. When it comes to the boiling point, it should be thoroughly softened, and ready to pour into the jelly bag. If desired, squeeze it through a cheesecloth bag, then let the juice drip through a flannel bag.

To each cup of juice, add $\frac{2}{3}$ cup sugar, boil till the test (see general directions) shows that the jelly is ready to pour into glasses.

If pectin is used: 4 cups juice, 8 cups sugar, and 1 cup pectin should be combined and finished the same as apple jelly. If currents alone are used, $\frac{1}{2}$ cup pectin is enough.

PLUM JELLY

4 cups juice

8 cups sugar

1 cup pectin

Crush about $4\frac{1}{2}$ lbs. ripe fruit without peeling or seeding. Add 1 cup water, simmer ten minutes, covered closely after it reaches the boiling point. Drain, bring the juice to boiling point (there should be 4 cups), add pectin, boil vigorously one-half minute, and remove from the fire. Let settle a moment, skim, and pour into glasses.

RHUBARB OR GRAPE JELLY

Make the same as Plum Jelly (above), using $2\frac{1}{2}$ lbs. red stalks rhubarb cut into small pieces (without peeling them) or use about 3 lbs. grapes that are just ripe or slightly under-ripe.

If pectin is not used in grape jelly, it has a tendency to crystallize after it stands, unless the juice is mixed with about one-half or at least one-quarter as much apple as grape juice. Then use two-thirds as much sugar as mixed juice. One-third crab apple with two-thirds *wild* grape juice makes fine jelly with $\frac{1}{8}$ cup sugar to each cup of juice.

CHERRY JELLY

3 cups juice

1 cup pectin

6½ cups sugar

Seed and crush about 3 lbs. ripe sour cherries. Add 2 tablespoons crushed pits and ½ cup water. Simmer ten minutes. Drain through jelly bag. Heat juice and stir till sugar is dissolved; bring to a boil, add pectin, bring to boil again and boil rapidly for one-half minute. Remove from heat, let stand a minute, then skim and fill glasses. If the pulp is to be used for jam, put the crushed seeds in a tiny strong cloth bag.

WILD CHERRY JELLY

Same as Cherry Jelly, except that 3 cups water are used and the fruit is simmered fifteen minutes. (Good mixed with ripe grapes.)

PEACH JELLY (With Lemon or Pectin)

Chop or mash unpeeled, seeded peaches with two crushed peach seeds, and cook carefully in covered pan five minutes in as little water as possible (about ½ cup water to 3½ lbs. peach pulp). If more water is used the juice must be boiled down before adding the sugar, so only 3 cups juice are left. If lemon is to be used, shave the yellow part from 3 lemons, discard it and slice the rest of the lemon (using all of the white part of the skin); add about 1 qt. water or enough to allow plenty of liquid for boiling the lemon fifteen minutes. Strain the lemon and liquid (after boiling) and add to the peach juice. There should be about 1 cup of the strained liquid. If available, 1 cup commercial pectin or the lemon or grapefruit pectin may be used instead of the lemons.

Pears may be used the same as peaches, when the pectin is added for jelly. Finish the same as Cherry Jelly.

MINT JELLY

2½ cups water

1 cup pectin

6 cups sugar

1 teaspoon mint extract

Juice 1 large lemon

Few drops green coloring

Mix all except pectin, bring to a boil, add pectin, boil one-half minute, and pour out. Instead of extract, 1 cup mint leaves tied in a bag may be added to the water and skimmed out before pouring the jelly.

Or, mint leaves or flavoring may be added to Apple Jelly before or after adding the sugar. Remove the leaves when the flavor is strong enough to suit taste.

ELDERBERRY, APRICOT, OR GUAVA JELLY

3¼ cups juice 1 cup pectin
8 cups sugar

Elderberry.—Stem and crush about 3 lbs. ripe berries. Simmer fifteen minutes in covered pan with about 1 cup water. Drain through jelly bag. Measure juice into large pan, add pectin, and bring just to the boiling point; stir constantly while adding the sugar very slowly, taking about five minutes, and keeping the jelly near the boiling point, then bring to rapid boil for one-half minute; remove from fire, skim, and pour quickly.

Apricots.—Crush about 3 lbs. ripe, seeded, unpeeled fruit. Add 1 cup water, stir till boiling, then cover pan, and simmer five minutes. Finish the same as elderberry jelly.

Guava.—Slice thin about 3 lbs. ripe guavas. Add 3 cups boiling water, crush the fruit, and cook five minutes. Proceed same as for elderberry.

MULBERRY JELLY

Use slightly under-ripe mulberries. Cover with water, and simmer till they may be well mashed. Drain. To 1 cup juice add ¾ cup apple pectin and ¾ cup sugar. Boil rapidly to jelly stage.

QUINCE HONEY OR JAM

Wash, peel, and core 3 very large or 6 small quinces. Put them through the food grinder. Boil 1 pt. water and 3 lbs. (7 scant cups) sugar a minute, then add the quinces, and cook carefully fifteen minutes after they come to a boil. (Stir to prevent scorching.)

If desired use ½ cup pectin. To 3½ cups chopped quinces add 1 cup water and juice of 1 lemon. Stir till boiling, then simmer fifteen minutes in covered pan. This should make 4 cups, add water if necessary. Add 7½ cups sugar, stir constantly, and bring to boiling point; then boil one minute; add ½ cup pectin and remove from the fire.

QUINCE AND APPLE MARMALADE

Use 4 large apples and 2 large quinces, the juice of a lemon, and sugar. Pare, core, and slice the fruit. Cook in a covered dish until tender. Measure the fruit, and add to it two-thirds as much sugar as fruit. Cook it rapidly until it is clear. Turn into clean, hot glasses.

PRESERVED QUINCES OR PEARS

Select 10 large quinces and wipe them very carefully. Pare and slice or quarter and core thoroughly, removing the hard, seedy

center. (Cook the waste in a saucepan to make jelly or more juice for the preserves.) To the slices, add enough cold water to cover; boil gently until tender enough to pierce with a toothpick, then lift with a skimmer to a colander. Measure the liquid and add $\frac{3}{4}$ pt. sugar to each pint liquid. Add a small bag of mixed spices and a thinly sliced seeded lemon. Boil for seven minutes; then remove the spice bag and lemon, put in the fruit, and cook until the edges of the pieces look glassy. Cook over low heat or in oven as it scorches easily. Fill hot pint jars with the preserves, and seal.

VIRGINIA GINGERED PEARS

Peel, core, and slice 4 lbs. pears very thin. Dissolve 3 lbs. sugar in 1 cup water and the juice (and grated rind) of 2 lemons, then add pear slices and $\frac{1}{4}$ lb. fresh ginger root, scraped and sliced (or use preserved ginger or $\frac{1}{2}$ teaspoon ground ginger). Cook an hour and seal.

PEAR CONSERVE

4 lbs. of pears, pared
1 lb. of figs

$1\frac{1}{2}$ cups of pineapple
or sour apple

4 lbs. sugar

Put all through food chopper and cook one-half hour or until transparent. Stir while cooking to keep from burning. Put into pint or half-pint jars. This conserve is very good when used as a cake filling.

PEAR-CRANBERRY MARMALADE (2 Kinds)

(1) 2 lbs. winter pears
1 qt. cranberries

2 cups sugar
2 cups light corn syrup or sugar

Pare and chop the pears; add the cranberries, with just enough water to cover, and cook until soft. Add the sugar and the syrup, and cook until thick. Pour into sterilized glasses and seal.

(2) 7 lbs. pears (weighed after
pared, cored, and ground)

2 lbs. ground cranberries
3 oranges

5 lbs. sugar

Peel the oranges and cover the peeling with boiling water. Let stand ten minutes and repeat, then drain and grind with the pulp. Cook all ingredients together about twenty minutes, watching carefully. Seal in glasses or small cans.

PEAR AND GRAPE MARMALADE

Take equal weights of Bartlett pears and Concord grapes. Wash and stem grapes, let them simmer until soft in just enough water to keep them from burning. Press through a sieve. This

gives a grape pulp. Add this to the pears which have been pared, cored, and cut in thin slices. Simmer, cooking until pear slices are tender. Measure the mixture, and add $\frac{3}{4}$ cup sugar for each cup of fruit. Cook until the mixture is thick like marmalade. Pour into sterilized glasses and seal with paraffin.

GRAPE BUTTER

Equal amounts of apples and grapes, or use all grapes. Cook with little or no water. Mash through sieve and add half as much sugar as pulp. Cook slowly, stirring often till thick.

For spiced jam, add 1 cup vinegar and $\frac{1}{4}$ cup mixed ground spices to 6 lbs. grape pulp and 3 lbs. sugar.

GRAPE CONSERVE

3 pts. of grapes (skins and seeded pulp), 3 pts. sugar, 2 oranges; use half an orange peel cut into small pieces, $\frac{1}{2}$ lb. raisins, 1 cup English walnut meats. Seed grapes, then mix all ingredients, and boil until thick enough. To seed grapes, press out the pulp, heat it, then mash through coarse sieve and add to the skins.

PEACH-PECAN CONSERVE

Fourteen very large peaches, 4 oranges, 4 pts. sugar, $\frac{1}{2}$ lb. coarsely chopped or broken pecans. Peel peaches and cut in small pieces. Add sugar, pulp and grated peel of oranges. Cook together forty-five minutes, add nuts and cook ten minutes longer. A few sliced maraschino cherries added after the nuts make this excellent conserve more attractive. (About 14 glasses.)

PEACH PRESERVES

Cut peaches in half, take out seeds, then peel and slice thin. Measure and put into a wide kettle in alternate layers with about equal amounts of sugar. Heat slowly and keep simmering on top of the stove or in the oven with a low heat for several hours, stirring often to keep from sticking. When the juice is thick and the peaches look somewhat glassy, pour into cans or glasses. A bit of cinnamon may be added if liked. This is a delicious spread and very pretty. No water is added.

PEACH MARMALADE

4 lbs. peaches Juice of 4 large oranges
Peeling of 1 orange

Run these through food chopper. Weigh all and add as many pounds of sugar. Cook slowly about three hours or until thick. (Twelve glasses.)

PINEAPPLE-PEACH MARMALADE

1 lb. dried peaches	1½ cups sugar
1 pt. can of grated pineapple	1½ cups light corn syrup or
½ teaspoon salt	sugar with ¼ cup water

Grind or chop the peaches and soak over night in just enough water to cover. In the morning add the pineapple, sugar, and syrup. Cook, stirring often, until it thickens—for about half an hour. Pour into sterilized glasses and seal.

PEACH BUTTER

Mash the peach pulp through a coarse strainer, and to every cup add ¼ cup brown sugar and a pinch of ground cloves and allspice, ½ teaspoon cinnamon, and a little water, and boil for fifteen minutes. This makes tasty spiced peach butter.

FIG-NUT-AND-PEACH CONSERVE

2 lbs. dried peaches	¼ teaspoon salt
1 lb. figs	2½ cups light corn syrup
½ lb. blanched almonds	

Grind or chop the peaches and soak over night in just enough water to cover. Add the figs, syrup, and salt, and cook until the mixture thickens. Add the nuts; boil for five minutes, pour into sterilized glasses, and seal. The almonds may be omitted.

APPLE CONSERVE

1 qt. sugar	1 cup raisins
2 qts. diced apples	1 cup English walnuts
½ cup weak vinegar	

Cook till thick and seal.

APPLE BUTTER

½ pk. tart apples	1 qt. cider
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Wash the apples and cut (without peeling) into small pieces. Place in a large saucepan, add the cider, and boil until tender. Press the apples through a sieve, then measure the pulp. To every quart of sour apple pulp add 1 cup or less sugar, ½ teaspoon ground cinnamon, and ¼ teaspoon ground cloves. Stir until well mixed, and then boil for thirty minutes. Fill into sterilized jars. This butter may be cooked in the oven several hours till it gets darker. It must be watched, and stirred oftener if cooked on top of the stove. Use less sugar if apples are not sour.

COUNTRY APPLE BUTTER

Boil 15 gals. cider two hours. Pare and core $2\frac{1}{2}$ bu. tart cooking apples. Add to boiled cider, cook carefully one hour, add 20 lbs. sugar, and cook till fine and dark. If desired, add cinnamon and cloves to suit taste.

PLUM RELISH

$\frac{1}{2}$ pk. Damson plum 1 orange
1 lb. shelled English walnuts

Boil plums tender. Remove seeds with fingers. Grate yellow part of orange and mix with the orange juice. Chop the nuts and add to plums sweetened to taste, $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar per cup plums. Boil till it jellies. Serve with meats.

PLUM CONSERVE

4 lbs. blue plums seeded and cut in pieces, 1 cup seeded raisins, 2 oranges (juice), $\frac{3}{4}$ cup sugar to each cup of fruit mixture and juices, 1 lemon (juice), $\frac{1}{2}$ lb. walnuts or pecans.

Cook fruit and sugar slowly forty-five minutes or more, then add lemon juice and nuts. Seal like jelly.

GREEN GAGE PLUM MARMALADE

Wash plums and cut into small pieces without removing pits or peel; place in a kettle with a very little water and simmer till tender; then rub through colander and measure the pulp. For each pint allow $\frac{3}{4}$ lb. sugar. Cook the pulp alone for twenty minutes, then stir in the sugar, and simmer until clear and thick. (Pale green and delicious.)

STRAWBERRY SUNSHINE

1 lb. strawberries (about $1\frac{1}{2}$ pts.) 1 lb. sugar

Spread in alternate layers in a preserving kettle (slightly bruising very large berries), and leave several hours or over night. Then bring slowly to a boil and cook about ten minutes. Spread on platters and put in sunshine for two or three days, till thick enough to put into sterilized cans or glasses and seal.

FIFTEEN-MINUTE STRAWBERRY PRESERVES

Measure 1 qt. stemmed berries, add 1 qt. sugar and stir while heating slowly till sugar is dissolved, then stir and boil fifteen minutes. Set aside in a clean place to thicken until the next day, then seal in small cans without heating, or they may be boiled several minutes before canning.

UNCOOKED STRAWBERRY PRESERVES

For each pound of berries allow $1\frac{1}{4}$ lbs. of sugar. Crush the berries and put a layer in a thoroughly clean and scalded stone crock. Over this sprinkle a layer of sugar, continuing in this way until the berries and sugar have been used. Cover and let stand for a day and night in a cold place. Stir them occasionally so that the sugar and berries will become thoroughly blended. Then transfer them without cooking at all, to sterilized jars, filling them full to overflowing. Seal and keep in a cool place as other preserves. The sugar acts as a preserving agent, and the berries keep indefinitely if none of them are left whole.

SPECIAL STRAWBERRY PRESERVES

Hull, and mash 4 qts. strawberries, and without adding water, put them over the fire in a preserving kettle. Bring slowly to a boil, then strain through a jelly bag, pressing to extract the juice. To every pint add 1 pt. sugar and boil all together briskly about ten minutes, removing all skum that rises to the surface. Then add 4 qts. firm, ripe berries, and simmer gently for ten minutes, after which skim out the berries carefully, drop into jars, fill with the boiling hot syrup, and seal at once. *Raspberries* may be preserved the same way, with the juice of 1 lemon added to every 4 lbs. raspberries.

STRAWBERRY-PINEAPPLE CONSERVE

Hull and slightly crush 4 qts. strawberries. Pare, cut up, and put a large pineapple through the food chopper, using the coarsest wheel. Mix, add $\frac{1}{2}$ cup water, and bring to boil, then add 3 lbs. sugar and cook slowly until very thick, stirring frequently to prevent scorching. Blanched almonds may also be added. Seal.

STRAWBERRY AND PINEAPPLE JAM

	2 cups crushed ripe berries
2 cups grated pineapple (fresh or canned)	7 cups sugar $\frac{1}{2}$ cup pectin

Mix the sugar and fruit well together, put on the stove and bring to vigorous boil, stirring constantly, both before and during the boiling. Boil hard for exactly one minute, then remove from the fire, stir in the liquid pectin, skim, pour into sterilized jars or glasses, and seal hot.

PINEAPPLE HONEY

For each cup grated pineapple take 2 cups sugar and 1 cup water. Boil water and sugar together until it threads. Add the

grated pineapple and cook until as thick as honey. Just before removing from fire add a pinch of cream of tartar. Seal while hot and keep in a dark place. Juice or white Karo Syrup may be used instead of water.

RASPBERRY JAM WITH PECTIN

Measure 2 cups slightly crushed berries into pan and add 3 cups sugar. Stir till sugar is almost dissolved, then bring to boiling point and boil rapidly for one minute, stirring constantly. Add $\frac{1}{4}$ cup pectin, stir it in well and remove from the fire. Let stand a minute, then pour into glasses and seal.

SEEDLESS RASPBERRY JAM

(Raspberry, Strawberry, Gooseberry, or Currants, etc.)

Place fruit in kettle, crush it with a potato masher and set over a very slow fire until heat gradually draws out the juice. Strain the juice and rub fruit through a sieve, fine enough to retain the seeds.

Measure the pulp (including the juice): to each pint allow 1 lb. of granulated sugar. Place the pulp in a kettle and boil it for twenty minutes, add sugar and boil until a drop on a plate will retain its shape without spreading. Remove all scum as it rises.

The length of time for boiling depends upon the juices of the fruits, so no specified time can safely be given.

RASPBERRY AND APPLE JAM

Peel, core, and slice thin 4 lbs. of apples, place in a preserving kettle; add 6 cups of sugar and 2 cups of water; bring to a boil and boil fifteen minutes; add 2 lbs. of cleaned raspberries and simmer until a little of the juice will jell when dropped on a cold plate; pour into hot glass jars, seal, and store.

RED RASPBERRY AND CURRANT CONSERVE

Heat 1 qt. currants with about 1 cup water. When cooked enough strain through a sieve. Add juice of 2 oranges, 2 lemons, 1 qt. diced rhubarb, 1 lb. raisins. Weigh all together and add as much sugar as pulp and juice. Boil all slowly twenty-five minutes stirring often, then add 1 qt. red raspberries. Cook about fifteen minutes, then pour and seal.

RASPBERRY AND CURRANT CONSERVE

Boil 5 lbs. of currants fifteen minutes and press out all the juice; also boil for the same length of time enough red raspberries to make 1 pt. of juice. Combine the currant juice and the raspberry juice, add 3 oranges put through the meat chopper, add $1\frac{1}{2}$ lbs.

of stoned raisins, and boil seven minutes; then add 5 lbs. of heated sugar, and boil all two minutes. It should jell at once. Put into sterilized glasses and seal with paraffin. Fine.

RASPBERRY AND CURRANT JAM

Cook equal parts raspberries and currants. Put berries and currants through sieve. For each pint pulp, measure 1 lb. sugar, but do not add sugar until pulp is boiled down about one-half. Boil the sugar with a little water until it reaches the crack stage when tried in cold water. Add the pulp, and boil until the mixture will form a bead on a cold plate.

RASPBERRY AND CHERRY JAM

Make same as the Raspberry and Currant Jam above, using seeded sour cherries instead of currants. It is not necessary to put through sieve.

RED RASPBERRY BAR LE DUC

Combine 1 cup raspberry juice and 1 cup currant juice—made by heating enough fruit with little or no water, and straining. Add 3 cups sugar and boil rapidly till almost thick as jelly, then drop in a few raspberries at a time until 1 qt. firm berries are used. Cook each small lot of berries three minutes, skim out, and put into sterilized small jars or glasses. Repeat until the quart of berries are cooked then, if the juice has thinned too much, boil it down till thicker, and pour it over the berries in the glasses. Seal.

CHERRY CONSERVES (2 Kinds)

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|-------------------------|-------------------|
| (1) 1 lb. raisins | 3 oranges (juice) |
| 2 lbs. cherries | 4 lbs. sugar |
| $\frac{1}{2}$ cup water | |

Boil sugar and water twenty minutes and add cherries and raisins. Boil carefully till thick, and add orange juice a few moments before removing from fire. Seal.

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|-------------------------------|---------------------------------|
| (2) 5 lbs. cherries | 1 lb. raisins |
| $1\frac{1}{4}$ lbs. dates | $\frac{1}{2}$ lb. pecan meats |
| $\frac{1}{2}$ lb. figs | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{1}{2}$ teaspoon cloves | |

Chop dates, figs, raisins, and nuts. Drain juice from the pitted cherries, add 3 cups of sugar, boil to a syrup that threads. Cook cherries in the syrup five minutes, add fruits and spices, cook slowly until thick. Store in sterilized jars.

GOOSEBERRY AND CURRANT JAM

"Top and tail" 3 lbs. ripe red gooseberries; put them into a saucepan with 1 lb. stemmed red currants and 4 lbs. sugar. Set aside for five hours, then heat gradually and bring to boiling point. Cook for about thirty minutes, stirring frequently. Partly-cool and divide into hot glasses.

GOOSEBERRY CONSERVE

3 pts. half-ripe gooseberries	$\frac{1}{2}$ lb. raisins
4 pts. sugar	3 whole oranges
1 pt. cold water	

Cut the oranges into small pieces, peeling and all, and cook with all the other ingredients, very slowly, for forty-five minutes. If cooked gently and not too long, it has a pretty amber color.

TUTTI FRUTTI PRESERVES

Crush 1 lb. of fresh stemmed currants, add 4 lbs. of sugar, 1 lb. of red raspberries, 1 lb. of tart, stoned cherries, and 1 lb. of small, ripe strawberries. Mix, and boil (skimming) for thirty minutes. Can in sterilized jars. Use as desired in summer drinks, as a flavor for iced tea, or as an addition to fruit punch. It is also delicious as a sauce for plain ice cream.

RHUBARB AND STRAWBERRY MARMALADE

Cut rhubarb into small pieces. Measure and add half the quantity of any kind of berries (or shredded pineapple). Stir in three-quarters as much sugar as fruit mixture, and cook slowly until thickened. Stir often.

PINEAPPLE AND RHUBARB CONSERVE

1 large can sliced (or	2 oranges
grated) pineapple	2 qts. sugar
2 qts. diced rhubarb	$\frac{1}{4}$ lb. chopped almonds (or $\frac{3}{4}$ cup)

The nuts may be omitted. Cut pineapple into small pieces. Mix with rhubarb and sugar, and let stand over night to draw out the juice. In the morning add the grated or chopped rind of 1 orange, and the pulp and juice of the two. Boil forty-five minutes stirring almost constantly. Makes about 12 glasses. Excellent.

RHUBARB CONSERVE

5 lbs. rhubarb cut in pieces, cover with boiling water five minutes, and drain. Add:

4 lbs. sugar	1 teaspoon cinnamon
2 cups weak vinegar	Juice of 4 oranges
½ teaspoon ground cloves	2 cups seeded raisins

Cook slowly, stirring till thick; add 2 cups nuts. Seal.

RHUBARB MARMALADE

3 bunches rhubarb (or 2 lbs.) cut into pieces	4 oranges 1 lemon
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Boil rinds ten minutes, put through chopper and add to juice. Weigh rhubarb and then measure sugar in equal amounts, and boil together till thick, stirring frequently.

RHUBARB AND ORANGE MARMALADE

Juice of 8 oranges	5 lbs. rhubarb
Orange peel	4 lbs. sugar

Put the juice of oranges and cut rhubarb in a large kettle, cook slowly one-half hour. Boil orange skins in water to cover in a saucepan. When soft, drain, scrape out the white inner skin, shred the peel in fine pieces, add to rhubarb with the sugar and cook slowly 1½ hours.

KUMQUAT PRESERVES

Wash kumquats and cut in half or use whole. Make a syrup using three-quarters as much sugar (by weight) as fruit. To each pound of sugar add 1 pt. water and boil; then add the kumquats and cook until they can be pierced with a straw. Seal. May be served with whipped cream on sponge cake.

GRAPEFRUIT MARMALADE

2 grapefruits	2 oranges
2 lemons	

Shave the yellow part of the fruit, then discard as much of the white skin as possible. Slice or chop the pulp, mix with the yellow shavings. Take three times the quantity of water, cook ten minutes. Let stand over night in earthen vessel. In morning add as much sugar as fruit and juice. Cook till it thickens like jelly.

ORANGE MARMALADE

12 oranges	6 lemons
2 grapefruits	Sugar
Water	

Cut fruit in quarters without peeling. Remove seeds and slice thin. To each pound of fruit add 1 qt. cold water. Let stand twenty-

four hours. Then boil till soft and again allow to stand twenty-four hours. Weigh without draining, and to each pound add $1\frac{1}{2}$ lbs. sugar. Boil about twenty minutes or till it starts to thicken like jelly. Pour and seal. Boiling and standing draws out the pectin that makes the syrup jell.

TRANSPARENT ORANGE MARMALADE

6 thin-skinned sour oranges	4 cups sugar
2 tablespoons lemon juice	3 qts. water

Cut the oranges into halves, crosswise; remove the juice and pulp. Put the skins on to boil with 3 qts. water until tender. Drain in a colander, remove all the white. Shred the yellow very fine, and add to the juice and pulp 2 cups of the water in which the skins have been boiled; then add the sugar, and boil slowly for two hours.

WATERMELON PRESERVES

Peel the rind of a watermelon that is not too ripe, cut or chop into $\frac{1}{2}$ -inch cubes or strips, leaving as little of the red pulp on the rind as possible.

To 4 cups of diced (or sliced) melon take 3 cups of sugar, a pinch of salt, 3 lemons, sliced fine, and seeded. Let boil slowly about two hours, stirring often, until juice is a thick syrup. Seal in air-tight jars and keep in dry, cool place.

WATERMELON MARMALADE

4 cups chopped watermelon rind	3 lemons
4 apples	4 cups sugar
2 oranges	$2\frac{1}{2}$ cups water

Chop watermelon rind, discarding hard green part. Peel and chop apples. Chop oranges without peeling. Extract juice of lemons. Mix all the ingredients together. Boil slowly until thick, about two and a half hours. Makes 6 large glasses.

TOMATO MARMALADE

1 qt. peeled, sliced, yellow or red tomatoes	Juice and peeling of 1 lemon 2 oranges
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Mix fruit juice with tomatoes. Boil peeling for one hour changing water twice, then remove most of the white part and cut yellow rind in pieces. Add to tomato, and then add 4 cups sugar and boil one hour carefully, or cook in the oven.

YELLOW TOMATO-PINEAPPLE MARMALADE

	1 qt. yellow tomatoes
2 lemons	3 lbs. of granulated sugar (1
1 small, fresh pineapple	lb. less sugar with canned
or one No. 2 can	pineapple)

Cut pineapple in small blocks. Simmer the fresh pineapple in just enough water to cover (or the canned in its own juice), for five minutes; then add the sugar and the tomatoes which have been dipped in boiling water, then in cold, and carefully peeled and cut in quarters. Add the lemon juice and grated rind. Cook all slowly until the syrup is thick and the fruit semi-transparent. Seal when cool in small sterilized jars. If any tomato mixture is cooked ten minutes, then left stand till next day, it thickens in much less time when cooked the second day.

TOMATO PRESERVES

Scald and peel 1 qt. small yellow or red tomatoes; heat to boiling point and skim. Add 2 lbs. sugar, the pulp and juice of 2 oranges and 1 lemon. Add the rinds (cut in strips and boiled tender) and slowly cook all together one and a half hours; then add $\frac{1}{4}$ cup chopped preserved ginger, if liked. Continue cooking till quite thick. Seal carefully.

SPICY TOMATO PRESERVES

Peel and cut tomatoes into cubes. Put into a kettle and boil down—if the quantity is about 3 qts. boil down 2 inches. Measure and add equal parts of sugar. Add 2 lemons (to 3 qts. tomato pulp). Tie 1 tablespoon whole cloves and 2 sticks cinnamon in a bag. Cook all together, stirring often, over very low fire until thick. Remove spice bag and seal.

TOMATO BUTTER

1 qt. tomato pulp	$\frac{1}{2}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ lemon cut thin
2 tablespoons green ginger root	

Put tomatoes in a wire basket, plunge in hot water for one minute, peel and cut in half, removing seeds. To every quart of tomato pulp add the given amount of sugar and seasonings, cook over a slow fire for one hour. Can in sterilized jars.

APRICOT MARMALADE

1 lb. dried apricots	1 $\frac{1}{2}$ lbs. apples
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Soak apricots, stew until soft. Cook apples, put all through

grinder. Weigh, add as many pounds of sugar, 1 qt. water. Cook until thick.

DATE-APRICOT MARMALADE

2 lbs. dried apricots
 $\frac{1}{4}$ teaspoon salt
 1 lb. dates

3 cups light corn syrup
 juice and rind of 1
 orange

Chop or grind the apricots and soak over night in just enough water to cover. Cut the orange fine, and add, with the syrup and salt, to the soaked apricots. Cook until the mixture thickens; stone and cut the dates into quarters; add them, and boil for five minutes. Pour into sterilized glasses and seal.

APRICOT BUTTER

1 lb. dried apricots (weight
 before soaking)

3 cups sugar
 $\frac{1}{4}$ teaspoon salt

1 teaspoon cinnamon

Wash the apricots in warm water, cover with 6 cups cold water, and let stand twelve to twenty-four hours. Put over a slow fire and boil slowly until tender. Mash through a colander; add sugar and salt; return to fire and simmer slowly until thick. Add cinnamon. (If measured after soaking use equal part of sugar.)

ORIOLE MARMALADE

2 pineapples
 2 qts. fresh apricots

$\frac{1}{2}$ lemon juice and grated rind
 Sugar

Remove skin and discard core of pineapple. Cut fruit in small thin slices. To each pound of fruit add $\frac{3}{4}$ lb. sugar. Let stand over night. Place apricots in a frying basket and plunge in hot water to loosen the skins. Peel, cut in pieces, add one-half as much sugar as fruit, add pineapple and lemon, cook in a preserving kettle until it thickens. To retain the rich amber color avoid overcooking. Store in glasses and cover with paraffin.

PRUNES WITH APRICOTS

$\frac{1}{2}$ lb. prunes
 $\frac{1}{2}$ lb. apricots (dried)

$\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon salt

Wash the dried fruits, cover with cold water and soak over night. Simmer fruits; when nearly cooked add $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoon salt. For keeping indefinitely, double the sugar and boil down till thickened.

PRUNE BUTTER

- | | |
|-----------------------|-------------------------------|
| 1 lb. prunes | 1 teaspoon cinnamon, or |
| 1 cup brown sugar | $\frac{1}{2}$ teaspoon grated |
| 1 level teaspoon salt | nutmeg |

Thoroughly wash and soak the prunes over night in enough water to cover; put on to boil slowly until tender, so they can be mashed through a colander; add sugar, salt, and spices; boil slowly until thick. A little grated orange peel will improve the flavor. $\frac{1}{2}$ lb. apricots may be substituted for $\frac{1}{2}$ lb. prunes.

PRUNE PRESERVES

- | | |
|-----------------------------------|---------------------------|
| 5 lbs. prunes | $2\frac{1}{2}$ lbs. sugar |
| 2 seedless oranges chopped, whole | 1 pt. water |

Boil sugar, water, and orange together for a few minutes. Skim. Add prunes (seeded) and cook carefully about two hours.

PRUNE CONSERVE

- | | |
|---------------------------------------|-----------------------------|
| 1 lb. prunes | $\frac{1}{2}$ cup water |
| $\frac{1}{3}$ lb. raisins | $\frac{1}{4}$ cup nut meats |
| 2 oranges | (Dried apricots or peaches |
| $\frac{1}{3}$ cup corn syrup or sugar | may be used) |

Soak and cut prunes in pieces; add chopped raisins and orange pulp and peel, cut very fine; then add corn syrup and water. Cook slowly until like marmalade. Add chopped nuts five minutes before removing from fire.

ORIENTAL MARMALADE

- | | |
|-------------------------|--------------------------------|
| 1 cup prunes | $\frac{1}{2}$ cup raisins |
| 1 cup dried apricots | 1 lemon |
| $\frac{1}{2}$ cup figs | 1 orange |
| $\frac{1}{2}$ cup dates | 1 cup dark corn syrup or sugar |

Soak prunes and apricots; remove stones from the prunes, and chop or grind both fruits. Cut figs and dates into small pieces, and chop lemon and orange. Mix the fruit, add just enough water to cover, and soak twenty-four hours. Add the syrup, and cook forty minutes. Pour into sterilized glasses and seal. (Not so very sweet.)

FIG MARMALADE

- | | |
|-------------------------|--------------------------|
| | 3 lbs. rhubarb |
| 1 lb. figs (in package) | 3 seedless oranges (chop |
| 4 lbs. sugar | whole or omit peel) |

Put part of sugar on the sliced rhubarb and figs and leave over night. Then add rest of sugar and oranges and cook slowly till clear.

CRANBERRY MARMALADE

Wash 5 lbs. cranberries and 4 large oranges. Peel oranges very thin, using outside of peel only (white inner covering changes the flavor). Cook peel in water until tender, then chop fine. Add cranberries, 2 lbs. raisins, 4 lbs. sugar, and juice of oranges. Cook very slowly until thick. Add blanched broken nuts—about 1 cup; bring to a boil and fill jars. Delicious with turkey.

CARROT MARMALADE

4 cups raw chopped carrots	
2 cups sugar	2 cups water
4 tablespoons lemon juice	($\frac{1}{2}$ cup chopped almonds
1 teaspoon salt	may be added)

Boil carrots and water about thirty minutes; add sugar and boil slowly about one hour. Add nuts, then in ten minutes add lemon and salt. Seal. Stir almost constantly while cooking, or cook in the oven.

MINT MARMALADE

$\frac{1}{2}$ pt. orange pulp with juice, juice of 2 lemons mixed with $\frac{1}{2}$ lb. peppermint stick candy pulverized. Cook till thick.

Extra Recipes

Pickles and Relishes

HINTS ON PICKLING

A **salt brine** for soaking pickles contains 2 to 4 tablespoons salt per quart of water.

Pickles sometimes **shrink** or get tough, because they were allowed to stand too long after picking, especially if they were not covered with salt water—even then they should not stand too long (not more than two days when warm, without changing the brine) or fermentation begins. Too much salt or too much sugar also may make pickles shrink. If the blossom end of pickles is split for $\frac{1}{8}$ inch with a sharp knife, they can absorb the liquid much better, especially if the stem has wilted slightly.

If allowed to stand in a damp heap before pickling, pickles may develop bacteria that cold vinegar cannot destroy, and if developed too far, heating will not save the pickles entirely.

Pickles may **soften** because the vinegar is too strong or because it contains destructive chemicals (sometimes absorbed from tree sprays). Be sure no chipped granite kettles or spoons are used in pickling. Use glass top jars. Over-cooking may also soften pickles. A small pinch of alum in each quart of pickles aids in keeping them crisp.

Pickles may **spoil** because they have not been well washed and kept clean or because the vinegar may have contained insect eggs. Unless the very best grade of bottled vinegar is used it should be brought to the boiling point before using. It may be cooled if desired to keep from wilting the vegetables. Barrel vinegar usually needs straining and scalding to kill insect eggs. For this reason also the unsealed pickles should be kept securely covered.

When the pickling process is cold and none of the ingredients are heated, the vinegar must be used stronger than when scalded or boiled foods are canned while hot. If left unsealed they must be stronger than when sealed. Strong pickles may be made more palatable if, before using, the liquid is drained off of the amount needed and cold water substituted for a few minutes or hours.

A **gallon jar** holds about 60 medium (3-inch) size pickles and about $1\frac{1}{2}$ pts. vinegar.

A **quart jar** holds 8 to 10 large pickles or about 20 small ones and 1 to $1\frac{1}{2}$ cups vinegar.

1 qt. vinegar or other liquid will cover:

24 to 28 pickles 4 inches long weighing about $1\frac{1}{2}$ oz.

36 to 40 pickles 3 inches long weighing about 1 oz.

65 to 70 pickles 2 inches long weighing about $\frac{1}{2}$ oz.

40 to 50 pickles average or mixed sizes.

1 oz. spices is equal to about 2 heaping tablespoons.

The **safest method for pickling** is to use fresh, clean vegetables or fruits that have been kept cool; cover cucumbers with salt water as soon as possible after picking to draw out their strong flavor and keep them from drying too much to absorb pickling liquids; use pure bottled vinegar, or scalded and strained bulk vinegar. Occasionally the spiced vinegar kept in glass jars in the grocery for bulk pickles may be purchased. It is especially good for chopped pickles that are cooked. It is safest to seal pickles, although they usually keep if properly prepared and covered.

Scald the vinegar and pour it over pickles boiling hot, or heat the pickles in the liquid till their color starts to change, then put them in the jars and bring the vinegar to a boil and pour over the pickles. Some vegetables need more cooking (usually before adding the vinegar), but if pickles are boiled at all (as in chopped mixtures) they should be cooked thoroughly, as they are likely to soften if just boiled enough to wilt them.

If pickles are not sealed they should be put in small jars instead of one large one, so only a small amount is disturbed at a time; they can be kept cleaner and better protected from insects if kept in tight glass jars. Also keep them in a dark, cool place.

FAVORITE PICKLES

Soak 200 medium-sized, fresh, well-washed pickles in salt water (4 tablespoons salt per quart water) over night. Drain and put the pickles into 1 gal. hot weakened vinegar. Heat them till their color changes slightly—no longer—then pack them in jars. To the vinegar add 1 qt. *prepared* mustard (any preferred brand), 2 lbs. brown sugar, 1 heaping tablespoon mustard seed, 1 heaping tablespoon celery seed, 1 qt. tiny, white pickling onions, and cook till onions are slightly tender.

If fresh onions are not available the bottled onions and their liquid may be used. Heat the vinegar mixture to the boiling point and pour over the pickles in the jars and seal.

SWEET-SOUR PICKLES

If very fresh, the large cucumbers do not need soaking unless desired.

Use cucumbers of slicing size and peel them if preferred. Cut into lengthwise strips then into shorter pieces. (Small whole pickles may be used.) Put the pickles into 10 or 12 pt. jars and add any other vegetables if desired—such as fresh sliced celery, a sweet red pepper cut into strips (seeds removed) or any hot cooked vegetable such as cauliflower, beans, or onions.

Heat to the boiling point 1 qt. vinegar, 1 cup sugar, $\frac{1}{3}$ cup salt and 1 pt. water. Pour over the pickles in the jars and seal. The jars should be placed in a pan of hot water to prevent breaking or,

if preferred, the pickles may be heated slightly in the vinegar, then packed hot and the liquid heated more before pouring over them. (A favorite seasoning for each quart of these pickles is 3 sticks celery and 3 large slices of onion.)

SWEET PICKLES

50 small pickles	2 cups sugar
3 cups vinegar	1 bunch dill
1 cup water	Mixed spices

Soak pickles in very strong salt water over night ($\frac{1}{3}$ cup salt per quart water). Drain well. Boil vinegar, water, and sugar ten minutes, add pickles and just keep hot until they change color. Pack them into jars, add 1 teaspoon mixed spices and about 1 teaspoon crumbled dill blossoms to each quart, then cover with the boiling syrup.

SACCHARIN PICKLES

1 gal. vinegar	1 cup sugar
1 cup salt	1 cup ground mustard
2 teaspoons saccharin	

If all ingredients are in perfect condition these pickles will keep without sealing or heating, but they are not toughened if only heated till the color changes and then covered with the boiling liquid and sealed. If the heating is preferred it is best to stir in the saccharin just before pouring the liquid over the pickles.

DILL PICKLES

3 qts. water	1 qt. vinegar
1 scant cup salt	

Boil the mixture a moment, then pour over washed, fresh, large pickles packed in jars. Add a small handful of crushed dill to each quart jar and seal. 8 to 12 qts. depending upon size of pickles.

(COLD) SPICY PICKLES

$\frac{1}{2}$ oz. (1 heaping tablespoon) each of mustard seed, whole pepper, and ground mustard, $\frac{1}{4}$ oz. ginger root, $\frac{1}{4}$ oz. cinnamon bark, $\frac{1}{3}$ cup salt, $\frac{1}{2}$ teaspoon saccharin, 3 qts. scalded vinegar, 1 heaping tablespoon mixed spices. Soak the pickles in weak salt water over night, then drain well. Put the vinegar mixture into small jars, stir well with a wooden paddle while adding the pickles, or put the pickles in the jar and move them while pouring on the liquid so all sides are reached. If covered well and kept in a dark, cool place they do not require sealing or heating.

EASY SOUR PICKLES, No. 1

Put the following cold mixture into four 1-gal. jars and add about 200 medium fresh, well washed, and dried pickles.

Mix 1 gal. vinegar, 1 cup salt, 1 cup grated or prepared horse-radish, 1 cup sugar, 1 tablespoon or more ground mustard, a large pinch of alum. Soak pickles over night in weak salt water.

If bulk vinegar is used it must be scalded; if it is average strength it should not be weakened unless the pickles and all ingredients are put into the jar scalding hot. If the pickles are fresh and clean they may be kept cold and covered with cold vinegar and the seasonings. Seal or cover well and keep in a cool place. Use a plate and weight to keep all of the pickles submerged all the time if the large jar is used. Keep jar tightly covered.

If the mixture is stirred with a wooden spoon as the pickles are dropped in they are more thoroughly surrounded by the seasonings. The jar may be filled as pickles are gathered. Smaller jars may be used. Use a wooden spoon to dip out the pickles as needed.

EASY SOUR PICKLES, No. 2

1 gal. scalded vinegar

2 tablespoons grated

1 cup salt

horse-radish

$\frac{3}{4}$ cup dry or prepared mustard

Pinch of alum

Use the same as above recipe. If preferred, the pickles and vinegar may be scalded and sealed in cans while hot.

OIL PICKLES

100 medium-sized pickles sliced very thin. Put in strong salt water three hours and drain. Mix 3 pts. small, white onions sliced thin, 2 tablespoons ground white pepper, $\frac{1}{2}$ cup white mustard seed, $\frac{1}{4}$ cup celery seed, 3 cups olive oil. Add to the pickles, mix well with enough vinegar to cover all well, and put into cans without heating.

METHODIST PICKLE CHIPS

Wash and slice cucumbers crosswise without peeling. Pack into two-quart cans. Into each can put $2\frac{1}{2}$ tablespoons salt, $2\frac{1}{2}$ tablespoons mustard seed. Fill with cold vinegar. Seal. Can be used in two weeks or kept longer.

SWEET SARATOGA PICKLES

Soak 25 cucumbers sliced (and peeled if desired) and 10 medium-sized, sliced onions in salt water three hours, and drain. Add 1 pt. vinegar, 1 lb. sugar, 1 teaspoon celery seed, 1 teaspoon tumeric, 1 teaspoon dry mustard. Boil together five minutes and seal.

RIPE CUCUMBER PICKLES

4 large, yellow cucumbers peeled and cut lengthwise in desired sizes. Remove seeds and cook till tender in salt water. Drain well. Make syrup by boiling two minutes: 3 cups sugar, 1 cup vinegar, 4 whole cloves, 3 inches of stick cinnamon. Add cucumbers, bring to a boil again, then seal in small cans.

WATERMELON PICKLE

5 lbs. of white rind, well	1 pt. vinegar
trimmed and cut into squares	1 oz. whole cloves
3 lbs. sugar	1 oz. stick cinnamon

Soak rind in salt water over night and drain, then cook in clear water till tender, but firm, or omit soaking and cook till tender in salt water and drain.

Tie the spices in a thin bag, add them to the sugar and vinegar and, when the syrup boils, add the drained rind. Cook slowly till the rind looks clear, then remove the spices and seal. (If not removed, the spices spoil the color.)

PICKLED PEACHES (PEARS OR APPLES)

4 lbs. sugar	4 tablespoons whole cloves
1 qt. vinegar	4 tablespoons whole allspice
1½ cups water	1 handful stick cinnamon
8 lbs. peaches	

Tie the spices in a bag, add to the cold vinegar, slowly bring to a boil, and boil a few minutes with the vinegar, water, and sugar. Add about 8 or 10 peeled peaches at a time and cook them in the syrup until they are tender, then drop them into sterilized hot jars. When all the peaches are cooked, remove the spice bag (or remove it sooner) and fill the jars with the boiling syrup. Spices darken the peaches if left loose or put into the jars.

If the syrup has cooked down too much to fill the jars, cook some more in proper proportions, or add a little boiling water to each jar. Seal.

Pears or **crab apples** may be used instead of peaches, with 3 lbs. sugar, instead of 4 lbs. Cooked **carrots** may be used with only 2 lbs. sugar.

PICKLED CARROTS

Fill 4 pint-cans with small carrots, cooked in salt water till tender and cut in half lengthwise. Make syrup of ½ cup water, 2½ cups vinegar, 1½ cups sugar, and a bag of spices containing 2 tablespoons whole cloves, 2 tablespoons allspice, several sticks cinnamon. Boil together ten minutes and pour over the hot carrots and seal. They taste like pickled peaches.

CARROT AND STRING BEAN PICKLE

1 qt. carrots	2 pts. vinegar
1 cup celery	1½ cups sugar
2 green peppers	1 teaspoon salt
1 sweet red pepper	2 teaspoons dry mustard
1 cup sliced white onion	½ teaspoon tumeric
1 cup string beans	½ teaspoon paprika

Dice the carrots and cut the beans in short pieces. Cook them in salted water until tender. Add the other vegetables, cut in small slices, and add the vinegar, spices, and sugar. Cook the mixture until it is clear. Seal. (This pickle can be made fresh in the winter season.)

PICKLED BEETS

Wash beets thoroughly then cook till tender in boiling water. Drain, peel, and slice or use whole. Use the beet juice or boiling water with 1 teaspoon salt per quart, to dilute vinegar almost half. Add half as much sugar as vinegar used. Bring to a boil, heat the beets in the mixture and put into jars boiling hot. If liked, a bag of spices same as for peaches may be cooked in the vinegar. If left in the cans they darken the beets.

Instead of heating the cooked beets in the vinegar they may be packed in the jars, covered with the boiling liquid, and sterilized in the hot-water-bath outfit twenty minutes.

PICKLED WAX BEANS

(For variety other cooked vegetables may be added, and white vinegar may be used.)

Slowly heat 4 cups vinegar, 2 cups water, 3½ cups sugar, 9 inches of stick cinnamon, and 1 heaping tablespoon mixed spices. The spices should be tied loosely in a thin bag, and removed after boiling a few minutes with the vinegar.

Add cooked wax beans that are tender, but not too soft, bring to a boil, and seal in pint cans. Pieces of pimienta add to the appearance.

• CHOPPED BEET PICKLE

6 qts. chopped cooked beets	1 teaspoon celery seed
3 cups vinegar	1 teaspoon ginger
2 cups sugar	1 teaspoon salt
1 teaspoon mustard seed	2 large sliced onions

Heat all together and seal.

BEET AND CABBAGE PICKLE

1 qt. raw sliced cabbage	1 tablespoon salt
1 qt. cooked chopped beets	1 teaspoon white pepper
2 cups sugar	1 cup horse-radish

Cover with cooled scalded vinegar and seal.

PICKLED RED CABBAGE

4 qts. red cabbage	1 cup white mustard seed
1 qt. white onions	2 cups brown sugar
12 green peppers	2 doz. cloves
Salt	3 pts. vinegar

Chop onions, cabbage, and peppers. Sprinkle lightly with salt, and let stand over night. Drain and add remaining ingredients. Can without cooking.

STUFFED MANGOES

Remove stem end of different colors sweet peppers. Take out seeds and white part carefully. Soak peppers in strong salt water over night. To 1 qt. chopped cabbage add 1 tablespoon salt, 2 tablespoons mustard seed, 1 tablespoon cloves, 1 tablespoon cinnamon, and $\frac{3}{4}$ cup sugar. Mix and stuff the drained peppers. Replace tops and tie or sew them on. Cover with vinegar. May be used in two weeks or kept all winter in covered jar. The amount of sugar and spices may be cut in half and the vinegar weakened and added boiling hot, if liked more mild.

PEPPER RELISH

20 green peppers	20 red sweet peppers
12 medium-sized onions	

Remove seeds of peppers, and put onions and peppers through chopper. Cover with boiling water. Let stand ten minutes, and drain. Cover again, and drain in five minutes.

Mix with 1 qt. vinegar, $\frac{1}{2}$ cup brown sugar, 2 tablespoons salt, 2 tablespoons mustard seed. Cook together slowly fifteen minutes and seal. Use with meats or add it to salad dressing on lettuce or use with chopped cooked meats as sandwich filling.

SPRING RELISH

Shred very fine or chop 1 small head of cabbage, 1 small can of pimientos, 2 small onions, 1 green pepper, add 1 teaspoon celery seed, 1 teaspoon mustard seed, 1 tablespoon sugar, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper,

Stir all together and cover with scalded, cooled vinegar. This is good served with meat. May be served at once or canned cold if the vinegar is not diluted.

UNCOOKED CORN RELISH

6 red sweet peppers (or use mixed colors), 5 cups celery, 6 cups corn (cooked seven minutes), $7\frac{1}{2}$ cups cabbage, $1\frac{1}{2}$ cups brown sugar, 1 qt. scalded cooled vinegar, 2 tablespoons mustard seed. Can cold in glass top jars.

CORN-CABBAGE RELISH

2 doz. medium ears raw corn (cut off cob), 1 large head cabbage chopped fine, $1\frac{1}{2}$ cups sugar, 2 tablespoons salt, 2 red mangoes, 2 tablespoons salt, 2 heaping tablespoons mustard mixed with vinegar to moisten. Mix all ingredients, add weak vinegar to cover. Boil thirty minutes and can in glass top jars.

MILD CORN RELISH

2-pound head of cabbage	$\frac{1}{2}$ cup flour
2 bunches celery	1 cup sugar
4 large cucumbers	1 large can condensed milk
2 cups small cucumbers	3 teaspoons dry mustard
6 green peppers, (chopped)	1 teaspoon paprika
12 good-sized ears of corn	2 tablespoons salt
(boiled 5 min.)	2 cups vinegar
1 large onion	

Slice all vegetables except peppers. Mix the flour, sugar, milk, mustard, salt and paprika and place in alternate layers with the vegetables in a large kettle. Mix till all particles of vegetables are coated then add vinegar and bring to a thorough boil, then can quickly. Makes 8 pts. of relish that can be served as a salad on lettuce.

WINTER SALAD (Uncooked)

Mix $\frac{1}{2}$ head cabbage chopped or sliced, 1 qt. ripe tomatoes cut in large pieces, 2 green peppers sliced after seeding, 10 small onions sliced, 1 cup chopped parsley, 1 cup celery, 2 oz. mustard seed, $\frac{1}{3}$ cup salt, 2 cups sugar, 3 cups vinegar. Can cold in glass top jars. If too sour, drain before using and cover with water for a few minutes. May be used as a relish or with salad dressing.

The vegetables keep their color and stay quite crisp. Makes about 5 pts. (The vinegar may be weakened and added boiling hot.)

CHICAGO RELISH (Uncooked)

$\frac{1}{2}$ pk. tomatoes ($7\frac{1}{2}$ lbs.)	3 green or yellow peppers
6 medium onions	$\frac{1}{2}$ cup salt

Cut in large pieces, mix, and drain over night.

Boil and cool 1 qt. vinegar, 2 cups sugar, 1 heaping tablespoon white mustard seed. Add drained vegetables and 2 bunches celery sliced. Can cold without cooking.

TOMATO RELISH (Uncooked)

1 pk. ripe tomatoes. Chop and drain off the juice or it thins the relish too much. 3 onions, 3 cups celery, and 3 green peppers sliced or chopped, 1 cup sugar, $\frac{1}{2}$ cup salt, 1 oz. mustard seed, $1\frac{1}{2}$ pts. scalded vinegar. Mix and can cold without cooking.

COLD MEAT SAUCE (Uncooked)

1 pk. ripe tomatoes, chop fine and drain two hours, 2 cups onion chopped fine, 2 cups celery chopped fine, 3 green and 2 red peppers chopped fine, 4 pts. white vinegar, 2 teaspoons black pepper, 2 teaspoons cloves, 2 teaspoons cinnamon, 2 teaspoons whole mustard seed, $\frac{1}{2}$ cup salt. Mix and can cold.

ENGLISH CHUTNEY SAUCE

1 lb. of apples, chopped	$\frac{1}{4}$ cup mint leaves, chopped
$\frac{3}{4}$ lb. raisins, chopped	1 oz. white mustard seed
1 doz. ripe tomatoes (4 lbs.), chopped	$\frac{1}{4}$ cup salt
2 red sweet peppers, chopped	2 cups sugar
6 small onions, chopped	$1\frac{1}{2}$ qts. vinegar, boiled and cooled
(6 cloves of garlic, and 1 teaspoon cayenne if liked)	

Salt the chopped tomatoes and let drain in a bag over night. The rest of the ingredients may be put through the meat chopper. This sauce requires no cooking, but should be kept in a crock for ten days, in a convenient place, that it may be stirred every day. Or it may be cooked at once, till thick enough, and sealed.

MUSTARD PICKLES (Thick Sauce)

2 qts. small white onions	$\frac{1}{2}$ cup salt in enough boiling
2 qts. small or sliced pickles	water to cover the pickles
2 heads cauliflower	and onions
6 sweet green peppers (seeded and chopped)	

Let pickles and onions stand over night. Drain in the morning and add the peppers, cauliflower, and 2 qts. weak vinegar. Cook the vegetables in the vinegar till onions are tender but firm. Add the following dry mixture moistened with water:

1 cup sugar	1 tablespoon tumeric
1 cup flour	2 heaping tablespoons dry mustard

Cook all together till thickened, and seal.

2 qts. sliced green tomatoes

4 heads cauliflower	1 doz. sweet red peppers
6 small stalks celery or a large bunch of hearts	50 small pickles
	1 qt. small onions

Slice all together, and soak over night in mild salt water. Drain in the morning, and cook in fresh salt water till tender. Mix $\frac{1}{2}$ cup flour and 1 teaspoon tumeric with cold water—enough to make a paste. Add 2 qts. slightly weak vinegar, 2 lbs. brown sugar, 2 tablespoons mustard seed, 1 tablespoon ground cloves, 1 tablespoon cinnamon, 2 heaping tablespoons ground mustard. Boil till thickened slightly, then pour over the vegetables, mix, heat, and pack in jars. Seal.

2 qts. small pickles, 2 qts. sliced or chopped green tomatoes, 1 qt. chopped, sliced, or tiny whole onions, 2 qts. chopped cabbage, 2 heaping tablespoons dry mustard, 3 pts. vinegar, 3 cups light brown sugar, and a handful of salt. Sprinkle the salt over the prepared vegetables. Boil the mustard, sugar, and vinegar together, then add the vegetables and, if liked, add 1 teaspoon celery seed. Cook fifteen minutes, and seal while boiling hot.

1 pk. green tomatoes 3 large onions
3 sweet red peppers

Chop fine and spread in layers, sprinkling each one with salt until $\frac{1}{4}$ cup salt is used. Let stand over night and drain. Add 2 tablespoons mustard seed, and 1 tablespoon celery seed, and 1 qt. hot vinegar. Boil five minutes, add $\frac{1}{2}$ lb. sugar, and cook till the vegetables are tender, then seal.

	1 pk. green tomatoes	
6 large onions or 3 lbs. Bermudas		2 tablespoons whole cloves
1 cup salt		1 teaspoon pepper
2 qts. water		2 tablespoons ginger
3 qts. vinegar		2 tablespoons whole allspice
2 lbs. sugar		2 tablespoons mustard seed
		2 tablespoons cinnamon

Slice tomatoes and onions, sprinkle with the salt, let stand over night, and drain. Add the water, 1 qt. of the vinegar, and boil fifteen minutes and drain. Add the sugar, the 2 qts. vinegar, and

the spices tied in a thin bag. Boil carefully about one hour or until the syrup is somewhat thickened, then put in jars and seal.

BARBECUE SAUCE OR CHOW-CHOW

1 gal. chopped cabbage
1½ gals. chopped green
tomatoes

1 pt. chopped onions
6 green or red sweet peppers
1 bunch chopped celery

Mix and add a handful salt, and let stand over night or several hours. Drain, then add the following mixture:

1½ lbs. brown sugar, 2 tablespoons salt, and 1 tablespoon each of mustard seed, ginger, ground cloves, cinnamon, celery seed, tumeric, and curry powder; add ½ gal. vinegar and boil with the vegetables half an hour, then seal. Fine.

CHOW-CHOW OR PICALILLI

½ pk. (or 7 lbs.) green tomatoes, 2 small heads cabbage, 6 large onions, 6 cucumbers, 2 green peppers, 3 red sweet peppers, ½ cup salt. (If preferred, the cabbage and about half the salt may be omitted, and 1 bunch celery sliced and added.)

Seed the peppers and put all the vegetables through the food chopper. Let stand four hours, then drain off the juice. Or add the ½ cup salt and let stand over night, then drain. Mix 1 tablespoon mustard seed, ¼ cup grated or prepared horse-radish, 1 teaspoon celery seed (1 teaspoon each of any other seasonings liked), 1½ lbs. brown sugar, 1 qt. vinegar. .

Bring the vinegar mixture to the boiling point, add the drained vegetables, bring to the boiling point again, but do not boil if you like the vegetables crisp. Pour into small cans and seal. May be added to mayonnaise for salad, sandwiches, or tartar sauce, or used alone as a relish or as a barbecue sauce.

If preferred, one of the mustard sauces above may be used with the chopped drained vegetables; and cauliflower may be used instead of the cabbage.

CHILI SAUCE

1 pk. ripe tomatoes
8 large red onions
4 red sweet peppers
1½ tablespoons black pepper

2 tablespoons ginger
5 cups vinegar
1½ cups sugar
½ cup salt

Chop vegetables fine, and boil carefully (so it does not scorch) for two hours. By adding a bit of fresh horse-radish this makes an excellent cocktail sauce. For shorter cooking, drain off juice.

MILD CHILI SAUCE

- | | |
|--|-----------------------------|
| 30 average tomatoes
(about 10 lbs.) | (Pinch of cayenne if liked) |
| 5 medium onions | 5 cups vinegar |
| 8 red sweet peppers | 1 cup sugar |
| | 3 round tablespoons salt |

Chop vegetables fine, add seasonings and cook all together, stirring often, for about two and a half hours. Seal. This sauce keeps its bright red color. To shorten cooking, drain tomatoes.

SPICED CHILI SAUCE

- | | |
|---|---------------------|
| 24 average size ripe tomatoes
(about 8 lbs.) | 1 teaspoon cloves |
| 4 green tomatoes | 1¾ teaspoons ginger |
| 12 red, green, or yellow
peppers | 1 teaspoon nutmeg |
| 3 teaspoons cinnamon | 1 cup brown sugar |
| | 2½ cups vinegar |
| | 2 tablespoons salt |

Chop vegetables, mix all ingredients, and cook carefully about two hours. Seal. This is a dark, spicy sauce.

TOMATO CATCHUP

- | | |
|--|---|
| 6 qts. chopped tomatoes
(with as many seeds re-
moved as possible) | 1½ tablespoons white pepper |
| ½ cup sugar | ½ tablespoon ground cloves |
| 2 tablespoons salt if needed | 2 tablespoons cinnamon |
| | 1 tablespoon allspice or
powdered mace |
| | 1 teaspoon celery salt |

The dark spices slightly darken the mixture, although they add flavor. If preferred use ¾ teaspoon cayenne pepper, and perhaps less white pepper. Put the tomatoes in a kettle, sprinkle with ½ cup salt and let stand several hours, then drain off the juice. This makes the mixture thicken sooner. The tomatoes may be put through a sieve before or after cooking. Add the other ingredients and 1 pt. of vinegar, then boil in the oven for about an hour. Strain if needed and seal in bottles. If preferred, whole spices may be used. Tie them in a bag and remove before bottling to keep catchup light.

CURRENT CATCHUP

- | | |
|-------------------|--|
| 5 lbs. currants | 1 teaspoon cinnamon |
| 3 lbs. sugar | 1 teaspoon salt |
| ½ pt. vinegar | 1 teaspoon black and red
pepper mixed |
| 1 teaspoon cloves | |
| | 1 teaspoon allspice |

Boil one and a half hours. Whole spices may be used and removed.

HORSE-RADISH

1 cup grated horse-radish
2 tablespoons sugar

$\frac{1}{2}$ teaspoon salt
3 cups vinegar

Mix and seal.

SPICED CURRANTS OR CHERRIES

$3\frac{1}{2}$ lbs. currants

2 lbs. sugar

$\frac{1}{2}$ cup vinegar

Mix and, when cooked through, skim out and boil juice till it thickens almost to jell stage when tested on cold surface. Then add 2 teaspoons each of cinnamon and cloves and the cooked cherries. Let boil up, and seal.

QUICK WINTER PICKLES

To about 6 large sliced dill pickles, add 1 cup vinegar, 2 cups brown sugar, 1 small can pimientos, chopped, and let stand a day before using.

Extra Recipes

Leftovers

Note: For future reference keep a memorandum of all satisfactory leftover dishes tried at home, tasted away from home, or originally concocted at any time.

There is a great difference between "warming up" leftovers, and using leftovers to concoct "new dishes." Although the wise cook does not often plan to have large quantities of leftover food, it may be necessary occasionally to "warm over" a dish without a change, and then there may be some of the food left to disguise before it can be served again.

Leftover food that may seem worthless can often be used to save many dollars worth of other food each month. For instance, the bone from a "clean-carved" roast, several tablespoons of gravy, $\frac{1}{4}$ cup mashed potatoes, and $\frac{1}{2}$ cup creamed peas, added to the water in which the vegetables were cooked, will make the foundation for a nourishing soup. The peas should be mashed through a sieve in order to keep them from being recognized. Some tomatoes or a can of tomato soup, a few slices of carrot, and a bit of minced onion or any other vegetables may be added. The leftovers will not be noticed and should not be mentioned. The family (and this means husband, too) should never be allowed to "pick food to pieces" and discuss dislikes at the table—especially when the housewife is making an effort to practice economy for her family's sake.

Occasionally it may be best to serve warmed-over foods "plate-luncheon style," putting the portions directly on the serving plates, and dividing them so that the largest portions of each food are given to those who like it best. The small side dishes may be used if preferred.

There are a great many ways to use and at the same time disguise all sorts of leftovers in soup, stews, meat or vegetable pie or loaf, casserole dishes, salads, and sandwiches (toasted, fried, or cold).

Mixed with mayonnaise or any highly flavored sauce in salads or sandwiches; or mixed with a larger quantity of other foods, especially stronger-flavored foods; or if chopped fine or mashed through a sieve and mixed with white sauce and served in patty cases or made into croquettes, almost any kind of meat or vegetables will lose their identity as leftovers. Rice, macaroni, spaghetti, noodles, crumbs, gelatin, and sauces are excellent "extenders" to make small amounts of leftovers go farther. Cheese,

onions, tomatoes, peppers, eggs, and nuts are among the foods that aid greatly in disguising other flavors. Garnishes that are used for salads can make leftovers look many times more interesting and appetizing. The "knack for seasoning and trimming plain dishes" can be acquired through observation and repeated efforts.

USES FOR DRY BREAD

Stale bread, biscuits, or buns will seem like fresh bread if lightly dampened on the outside and **re-heated in the oven** till the crust is crisp. To dampen them, dash them quickly through water or pat them with wet hands. The buns or rolls may be split (before heating) and spread with butter and yellow cheese, then heated in the broiler until the cheese is melted. Stale bread that is not hard may be used for **toast or toasted sandwiches**, with any kind of suitable filling. They may be dipped in a mixture of egg and milk and browned in deep fat. Use toothpicks to hold the halves together.

The large pieces of dry bread may be saved for **dressings**, or **croustades**, or they may be cut into squares for **croutons** or kept in slices for **French toast**.

A cheesecloth sack kept in a convenient place is excellent for storing the bread until needed. Pieces of cold dry toast may be used for **crumbs**. The irregular or very small pieces should be rolled or put through the food-grinder when thoroughly dry, and kept in a separate sack or cardboard box ready for the many dishes that require crumbs for thickening, or rolling, or for covering the tops of baked dishes.

Hamburg cakes are much improved (not so dry) if about half the amount of soaked bread is drained and added. Use milk or water for soaking.

For **some of the uses for dry bread** see Crumb Torte, German Crumb Cookies, Brown Betty Pudding, Bread Puddings, Plum Pudding with Crumbs, Molasses Cookies, Bread Griddle Cakes, Cheese Omelet, Cheese Fondue, Cheese Roast, Cheese Toast, Cinnamon Toast, French Toast, Savory Eggs, Hot Ham Sandwiches, Ham Patties, Meat Loaf, Meat Balls, Baked Hamburg, Baked Spinach, Vegetable Casserole, Tomato Rarebit, Stuffed Baked Tomatoes or Onions, Tuna Soufflé, Tuna Loaf, Salmon Loaf, Croutons, Croustades and Croquettes, Carrot Loaf, Bean Loaf, Crumb Molasses Pudding, etc.

LIVER CROQUETTES

Take $\frac{1}{2}$ lb. calf's liver and boil until tender. Drain and chop fine, season with pepper, salt, and the juice of an onion. Add a cup of fine **crumbs** and a beaten egg, $\frac{1}{2}$ teaspoon savory powdered herbs, a teaspoon currant jelly or tablespoon drained applesauce. Shape into croquettes, roll in beaten egg, then in dry, fine *crumbs* and fry in hot fat. Serve on a hot dish garnished with parsley and small stuffed and baked tomatoes. Also serve a little melted currant jelly and a rich white sauce with the croquettes if liked.

LEFTOVER CEREAL

If **cereal** is carefully measured according to the approximate need, there seldom will be much left over. If about 4 cups of cereal will be needed, measure 4 cups of water and then add the dry cereal in the proper proportion. When cooked, some of the water will have evaporated and the cereal will have absorbed the rest, so there should be about 4 cups of cooked cereal to serve.

If leftover cereal is mixed with almost equal amount of water before it cools and stiffens, it can be easily **warmed over** or added to fresh cereal. If it stiffens before water is added, the top may be well covered with water to keep it from drying out, but thorough thinning of the mixture will be found most satisfactory.

When there is no desire for re-heating the cereal as a breakfast food it may be allowed to stiffen in a wet mold—a cocoa can or bread pan. When cold it may be cut into slices, dipped in flour and **fried**; or place the slices on a baking tin, dot with butter and brown. Serve the same as fried mush—with syrup if desired. After browning, the slices may be sprinkled with grated cheese and bits of bacon, and heated again until the bacon is crisp. White sauce or tomato sauce may be served with the browned slices.

$\frac{1}{4}$ cold cereal to $\frac{3}{4}$ Hamburger steak will make very tasty **meat balls**.

1 cup cold cereal may be substituted for $\frac{1}{2}$ cup flour in **pancakes, muffins, or any breads**. Cereal may be used in place of flour for **thickening gravy, soup, or vegetable sauces**.

Leftover cereal may be **mixed with chopped fruit or nuts** and, when cold, served with cream and sugar.

See Yum Yum Pudding, Date Meringue Pudding, and Oatmeal Gems.

USES FOR SOUR MILK

Sour milk may be substituted in **sweet milk recipes** by adding $\frac{1}{3}$ teaspoon soda per cup, using the baking powder called for just the same as if sweet milk had been used.

The following are some of the recipes in which sour milk may be used: Corn Bread, Gingerbread, Griddle Cakes, Waffles, Cottage Cheese, Cakes, Cookies (such as Ginger Cookies, Hermits, Spice Cookies, Raisin Cookies, Chocolate Drop Cookies, Hickory Nut Cookies, etc.), Doughnuts, Brown Breads, Sour Milk Biscuits, Raisin Biscuits, Maple Biscuits, Bran Gems, Health Muffins, Bran Muffins, Sour Milk Coffee Cake, etc.

USES FOR SOUR CREAM

Sour Cream Cake, Sour Cream Filling, Sour Cream Doughnuts, Sugar Cookies, Sour Cream Pie, Sour Cream Salad Dressings, Sour Cream Fudge, Lemon Sour Cream Sherbet, Chocolate Delight, Baked Lima Beans, Cold Slaw, Veal Supreme, Hasen Pfeffer.

USES FOR LEFTOVER EGGS

See **Egg Dishes** for "Uses for Yolks" and "Uses for Whites."

Leftover raw egg yolks may be dropped into boiling water and cooked, then served with a **cream sauce** or a **cheese sauce** as a luncheon dish with boiled macaroni and steamed spinach.

Boiled or fried eggs may be rubbed through a ricer or sieve, and used as a **garnish** for many salads or hot dishes. Or they may be stirred into creamed **dried beef**, or mixed with fried **ham** or **bacon**.

Leftover cooked eggs may be chopped and added to other ingredients for combination **sandwiches**. Soft-cooked eggs may be used in many recipes if boiled hard. Leftover yolks may be

covered with water or a cooking-oil to keep them soft till used, if they are being saved for baking, or for salad dressings, or sauces; or scrambling or for puddings.

USES FOR STALE CAKE, GINGERBREAD, OR COOKIES

Cake may be broken into a baking dish, a bit of fruit juice or jelly added, then a **soft custard** poured over it and a meringue added and the top browned in the oven. Serve it cold. Cake crumbs may be used for thickening in **fruit pies**, or they may be stirred into **frozen or chilled desserts**.

Or, soften cake, cookies, or gingerbread in milk, add raisins, one or more beaten eggs, sugar to taste, and bake. Serve hot or cold with cream and sugar or any favorite sauce. A **bread pudding** recipe may be used.

See Crumb Cookies, Crumb Torte, Gingerbread Custard, Bread Puddings, Peach Croustades, or Raspberry Croustades.

LEFTOVER FRUIT JUICES

(From canned fruit, jelly, etc.)

Use for flavoring or instead of water in gelatins, iced drinks, ices, sherbets, frozen desserts or salads of many kinds, salad dressings, pudding sauces, soaking dry cake or bread for puddings; or use instead of water for cooking dried prunes or other fruits; or for basting baked apples.

LEFTOVER RICE

Small amounts of cooked rice may be stirred into **soups, stews, creamed vegetables** or **meats**; or added to **stewed fruits**; or used for filling baked **peppers, tomatoes, or apples**, with other suitable seasonings; or rice may be mixed into **meat cakes** or **meat loaf**.

Larger amounts of cooked rice may be used to make other leftover foods go farther; or rice may be used as the main part of a new dish.

See Rice Griddle Cakes, Rice Waffles, Rice Muffins, South Carolina Meat Pie, Spanish Rice, Rice with Cheese, Rice with Celery, Saucipecante, Casserole of Rice and Meat, Rough Rider Pie, Virginia Mold, Rice Puddings, etc.

RICE SHELLS

1 cup dry, cooked rice 1 tablespoon butter
 1 egg yolk

Mix and line molds or muffin tins, pressing with a spoon dipped into hot water. Set in a slow oven for ten minutes or longer. Serve creamed peas, creamed salmon, etc., in the shells. Handle carefully while filling.

PINEAPPLE DELIGHT

Soak 1 tablespoon gelatin in 2 tablespoons cold water and dissolve over boiling water or in heated juice. Add $\frac{1}{2}$ cup sugar and 1 small can grated pineapple. When almost set, stir in 1 cup boiled rice, and chill. Serve with cream.

RICE CUSTARD

Mix 1 (or 2) cups cooked rice with yolks of 2 eggs, 2 cups milk, $\frac{1}{4}$ cup sugar. Bake slowly for about one hour, till the mixture coats the spoon. Make a meringue of the 2 beaten whites and 2 tablespoons sugar. Spread over the custard and brown. (If the rice has not been cooked in well-salted water, a pinch of salt or lump of butter may be needed. Cinnamon or nutmeg also may be added.)

GLORIFIED RICE

Dissolve 1 package of lemon Jell-O in $\frac{1}{2}$ pt. boiling water. Add $\frac{1}{2}$ pt. of canned pineapple juice or any fruit juice. When a cold liquid, whip to the consistency of heavy whipped cream. Have 2 cups cold boiled rice drained dry. Fold the rice into the whipped Jell-O. Add 1 cup whipped cream, 4 tablespoons sugar, and salt to taste. Set in a cold place to harden. Garnish with fruit.

RICE CROQUETTES

Mix rice with egg yolk, butter, and seasoning. Shape into rolls, cakes, or in shape of ducklings with allspice eyes and pepper-corn bill. Dip in egg and crumbs. Fry in deep fat. Serve with stews or creamed meat.

RICE AU GRATIN WITH PINEAPPLE

Divide about 2 cups cooked rice in two parts. Put one-half in a greased baking dish. Cover with sliced pineapple cut in small pieces. Sprinkle with grated cheese, salt, and pepper. Add a layer of rice to almost fill the dish, then a layer of pineapple left in half slices and cover with grated cheese. Pour over one cup pineapple syrup. Dot with bits of butter. Sprinkle with paprika. Bake in moderate oven (350° F.) until thoroughly heated, then brown on top.

RICE NUT LOAF

1½ cups cooked rice	1½ cup grated cheese
¾ cup pecans	1⅓ cup minced green pepper
2 beaten eggs	1⅓ cup pimiento
¾ cup milk	4 tablespoons butter

Add salt and pepper to taste. Mix and bake in buttered dish thirty minutes. Serve with Tomato Sauce if liked.

SCALLOPED RICE

2 cups boiled rice	Seasoning
1¼ cup grated cheese	1 cup white sauce

Mix together, put in oiled baking dish with buttered crumbs over top. Brown in oven. (The rice should be flaky—not mashed.)

LEFTOVER BEANS

Any of the dried beans—navy beans, Lima beans, red beans, etc.—may be used in the same recipes, that is, if a recipe calls for Lima beans, the navy, or kidney beans may be used, etc.

A small amount of beans may be added to other ingredients for almost any kind of **salad** or any **hot vegetable** or **meat dish**, or mixed with **sandwich fillings**, or added to **soups** (if

mashed through a strainer so they lose their identity they will not be recognized in cream soups or stews).

See Lima Beans with Mushrooms or Veal, Black Beans and Cabbage, Succotash, Spanish Bean Casserole, Gumbo Succotash, Baked Lima Beans, etc., and remember that any kind of beans may be substituted for another in the recipes.

NEAPOLITAN MACARONI

Mince and brown chipped dried beef in plenty of butter, add a small amount of finely chopped parsley, and stir in a mixture of cooked macaroni and navy beans, in any proportions desired. When well coated with the browned butter, serve hot. A minced tomato adds flavor and color. This dish is surprisingly good, if there is plenty of butter and the dried beef is cut into tiny bits. Leftover creamed dried beef could be used if the pieces of meat are picked out, chopped finer and browned, then the sauce may be added with the macaroni and tomato and heated.

BEAN CAKES

Rub baked or boiled beans through a sieve, add cream, mold into cakes, sprinkle with cheese. Brown in oven.

BEAN HASH

Take the pork out of leftover baked beans. Cover the beans with sliced or halved raw potatoes. Cut the pork in slices or pieces, put on top of potatoes and place in oven till potatoes are done.

BEAN SANDWICHES

Mash the beans to a pulp, moisten them well with mayonnaise or boiled salad dressing. Add a little chopped onion, green pepper, celery, or pickle.

Use this mixture as a filling between slices of buttered brown bread.

BEAN LOAF

Leftover beans mixed with a beaten egg and a cup of bread crumbs, salt, pepper, and a tablespoon of minced onion and $\frac{1}{4}$ cup tomato catsup well mixed together and baked.

The effect will be most pleasing if the loaf is served with a good tomato sauce. Also see Lima Bean Loaf.

LIMA BEANS WITH CELERY

Use 1 pt. fresh or leftover Lima beans, or 1 cup dried beans. If dried beans are used, soak over night, drain and rinse, then cook in boiling, salted water till tender, not soft. Cut celery in

$\frac{1}{2}$ -inch pieces, boil till nearly done, then add to beans. Let cook together a few minutes, add thin cream, and serve hot.

BEAN TIMBALES

Timbales baked in greased ramekins may be made from a cup of bean pulp, a cup of milk, a little butter, and two well-beaten eggs. Mix, season well with salt, pepper, and a few grains of mustard. Bake till well set, but not too hard.

LEFTOVER POTATOES AND MEATS

Baked **sweet potatoes** may be **re-heated** in the oven; and sweet potatoes that have been boiled with the jackets on can be reheated in boiling water, and seem almost as good as when first cooked. Or they may be peeled and **candied** or **fried**, or mashed and whipped up well with rich milk before heating as a **casserole dish** or as **croquettes**.

See the Potato Recipes under **Vegetables** for many other ways to use cooked potatoes. Also see **Vegetable and Meat Salads**.

POTATO SURPRISE

Mold leftover mashed potatoes around slices of cold beef loaf. Dip in beaten egg and crumbs, and brown in hot fat. If there is left-over gravy, it may be served with the potato surprise.

POTATO SOUFFLÉ

2 tablespoons flour	1 cup cold mashed potatoes
2 tablespoons butter	3 egg yolks
$\frac{1}{3}$ cup cream	3 egg whites
$\frac{1}{4}$ teaspoon salt	

Melt butter, add flour and salt, cook for five minutes. Pour on gradually the cream, cook until it thickens, stirring constantly. Add potato and then egg yolks which have been beaten until thick and creamy. Fold in stiffly beaten whites. Turn into buttered baking dish and bake in a slow oven until firm, thirty to forty-five minutes. (Bits of meat or other vegetable may be stirred in.)

VIRGINIA MOLD

(Chicken or other meat)

Cook a cup of rice as usual; with part of it, line a buttered bowl or other mold in an inch-thick layer. Dice bits of chicken, and to 1 cup add 1 cup cooked peas and enough cream sauce to moisten well, but not too soft. Put more rice over the top and cover the mold; set in a colander, cover tightly, and steam three-quarters of an hour. At serving time, tip on to a hot chop dish, place a mound of tiny or diced cooked carrots at each end, pour more cream sauce around, and serve.

CASSEROLE OF RICE AND MEAT

2 cups cooked meat	$\frac{1}{4}$ teaspoon onion juice
1 teaspoon salt	4 cups cooked rice
$\frac{1}{4}$ teaspoon pepper	1 egg
$\frac{1}{4}$ cup fine cracker crumbs	

Season the meat, and mix with the crumbs and beaten egg. Add enough stock or hot water to make it pack easily. Butter a small mold and line the bottom and sides with rice, fill with meat, cover with rice, and bake forty-five minutes. Turn out on a hot platter and serve with tomato sauce.

BAKED HASH

Grind cold meat. Mix with leftover gravy. In a buttered dish put layer of meat and gravy, then layer of mashed potatoes until dish is two-thirds full. Sprinkle cracker crumbs and grated cheese on top, and bake thirty minutes. 2 small onions ground fine may be added or omitted. Beef stock can be used instead of gravy. Season to taste.

CORNEB BEEF HASH

Cold meat of any kind will do, but corned or canned beef is best; always remove all surplus fat and bits of gristle. Put meat through food-chopper, and to $\frac{1}{3}$ of meat add $\frac{2}{3}$ of cold boiled potatoes (also run through the chopper), salt and pepper, and onion chopped fine. Put a little butter in a pan, heat on stove, add the hash, dredge with a little flour, place in oven till a crust has formed on top.

DUCK AND MACARONI CASSEROLE

Cut the meat in cubes, and for each cup allow 2 cups of cooked macaroni. To the duck add any leftover giblet gravy, 3 table-spoons chopped parsley, $\frac{1}{2}$ teaspoon chopped onion, salt and pepper. Arrange the duck mixture and macaroni in alternate

layers. Dot with butter, sprinkle with bread crumbs and bake until brown.

Leftover duck or turkey may be used in any of the leftover meat recipes, or heated around mounds of dressing or used in any of the chicken recipes, such as Chicken a la King, Chicken Pie, Creamed Chicken in Patty Shells, or Chicken Terrapin, or in salad or sandwiches.

SOUP-MEAT CASSEROLE

For vegetable soup, use a piece of heavy shank with plenty of meat on it. After the soup is made, remove the meat and save for another meal. Slice the meat thin. Put a lump of butter in a saucepan with a finely minced onion, cook until done and then add $\frac{1}{4}$ cup vinegar, pepper and salt. Dip the slices of meat into the sauce. Then lay them in a buttered baking dish, turn over the sauce, cover with a thick layer of mashed potato, and put in the oven long enough to heat through and brown the potato.

COMBINATION CASSEROLE

This makes a very good and highly nourishing one-dish dinner. On the bottom of a buttered baking dish put a layer of thinly sliced potatoes. Cover these with a layer of thinly sliced onions, and on top of these place slices of any leftover meat, with gravy. Cover with a layer of canned tomatoes, and bake in the oven until the potatoes are thoroughly cooked.

COLD ROAST BEEF WITH VEGETABLES

Slice rare, cold roast beef, broil very quickly over a hot fire, lay on a hot platter, and spread with butter; add salt and paprika, and surround with a macedoine of June vegetables—leftover or freshly cooked—seasoned and liberally buttered. At the last minute heap the beef with hot lyonnaise potatoes. Do all the assembling rapidly, that all may be very hot. This is an excellent way of serving second or third day roast beef, if the family is tired of "cold sliced" and the beef seems too fine to mince or stew.

ROUGH RIDER PIE

Mix in the following proportions: 1 cup chopped leftover meat, 1 cup tomatoes, and 1 cup boiled rice. Season well with grated onion, and additional salt and pepper, if necessary. Mix all together and pour into baking dish. Sprinkle buttered bread crumbs over the top and grated cheese, if desired. Bake in a moderate oven until brown on top.

VEGETABLE HASH

About 2 lbs. •seasoned, mashed potatoes. Place this in a buttered baking dish or six individual dishes. Into a saucepan put 1 cup white sauce, 2 cups diced chicken or veal, 1 cup cooked peas, or any other vegetable, $\frac{1}{2}$ teaspoon salt, and a few grains of cayenne pepper. Warm gently, stirring all the while. When nearly boiling, beat in the yolks of 2 eggs, and cook a few minutes longer. All over the mashed potato make deep depressions and fill with the meat mixture. Sprinkle generously with grated cheese. Dot with bits of butter and brown in a quick oven. Serve very hot.

See "Salads" and "Vegetables" for using leftover vegetables. Or use them in vegetable soup or meat stews.

SHEPHERD'S PIE

Cut the remnants of any roasted meat into small pieces and put in a casserole or baking dish with an equal amount of plain boiled macaroni. Season with pepper, salt, and a little good catsup, 1 minced onion, and a layer of tomato. Cover with stock or gravy and spread mashed potatoes over the top. Or place the potato in mounds in the casserole, and pour the meat mixture around them. Sprinkle with paprika, dot with butter or grated cheese, and bake without a cover until nicely browned.

ROAST MEAT WITH MEXICAN SAUCE

Fry 1 sliced onion in 2 tablespoons butter; add 2 chopped green peppers, 2 tomatoes, or 1 cup canned tomatoes, 1 teaspoon Worcestershire sauce, $\frac{1}{4}$ teaspoon celery salt. Cook ten minutes. Add meat sliced. Serve hot.

MEAT CAKES

Mix chopped cold meat with cream or gravy and cracker-crumbs or mashed potato. Add a beaten egg. Season and fry.

MEAT TURN-OVERS

Mix leftover meat (cut small) with gravy or water, and place in center of a circle of biscuit dough or pie crust. Moisten edges of dough and fold over, pressing edges together firmly, and pricking the top to let out steam. Potatoes, onions or other vegetables, or a few raisins, and seasonings may be added to meat. Bake half an hour.

STUFFED TOMATOES

Baked stuffed tomatoes offer opportunity for using up many leftovers. A bit of meat, vegetables, chicken, fish or cheese,

moistened with white sauce or combined with bread crumbs or cooked rice with plenty of seasoning, gives a most acceptable result. Pepper shells may be utilized in this way also.

HOT SANDWICHES

A few spoons of leftover meat, chicken, hash, cheese or boiled eggs, or a mixture of leftovers make delicious sandwiches. Mix with white sauce, season highly, spread between thin slices of bread and cut in "fingers," dip in egg and sauté in hot fat, or bake in a quick oven (400° F.) for fifteen minutes.

HOT HAM SANDWICH

Season 1 cup leftover cooked ham with 1 teaspoon prepared mustard. Spread on buttered Graham bread, cover with white bread, press together, dip in mixture of 1 beaten egg and 1 cup milk, seasoned with salt and pepper. Fry quickly in butter till brown. Serve at once.

HAM PATTIES

These are good for breakfast or luncheon. Chop fine about 1 pint cold cooked ham, add 3 cups bread crumbs, 3 beaten eggs, and sweet milk, to make a soft batter. Drop into gem pans, dot with butter, dust with crumbs, and bake until nicely browned.

BAKED HAM AND EGGS (for 4)

Here is a new version of ham and eggs. The end of a boiled ham, or a ham that has passed the slicing stage, is sometimes difficult to dispose of without waste. Chop fine 1 cup meat; mix with equal quantities of cracker or fine bread crumbs, and moisten to a soft paste with cream; put in a flat buttered dish, take a small round-bottomed coffee cup and make depressions in the mixture, break an egg in each, dot the whole with bits of butter, and place in a moderate (400° F.) oven until eggs are set. The ham and cracker should be made hot before putting in a baking dish. New potatoes stewed in cream, and light corn meal gems are nice accompaniments. Ramekins are fine for this dish.

LEFTOVER FISH—FLEMISH STYLE

To 1 cup flaked cooked fish add $\frac{3}{4}$ cup white sauce. Brown 1 cup bread crumbs and $\frac{1}{2}$ cup chopped onion in butter. Put the fish and crisp crumbs in alternate layers in a baking dish, with the crumbs on top. Put into hot oven for ten minutes and serve hot.

CODFISH NUGGETS

Form leftover fish into cakes, or use fresh fish steaks and cut circles or "nuggets," with a sharp, small, round cutter, the size of small cakes. Roll each nugget in beaten egg, then in fine, seasoned crumbs, and place in a frying basket. Fry quickly in hot fat. Drain, then serve on a hot dish garnished with slices of broiled bacon and parsley. The nuggets resemble scallops and serve as "mock scallops." Tomato sauce or catchup is served with them.

JELLIED FISH

Mix $1\frac{1}{2}$ cups any well seasoned, cold, flaked, freshly cooked fish with 2 tablespoons chopped green peppers or capers, add a little onion juice if desired, a little salt and a dash of mace. Soak 1 tablespoon of granulated gelatin in $\frac{1}{4}$ cup cold water ten minutes, dissolve in 1 cup boiling water, add 2 tablespoons lemon juice. Put slices of hard-boiled eggs in the bottom of a dish or mold, and add the fish and jelly. Chill and remove to platter, and garnish with watercress or lettuce. Use any kind of salad dressing or sauce tartare.

Extra Recipes

Miscellaneous

CREAMED CRACKERS

Steam 8 or 10 soda crackers or dip them in cold water till puffed, but not soaked too soft to stay whole. Drain and brown in butter. Serve hot with white sauce:

1 tablespoon butter

1 tablespoon flour

$\frac{1}{2}$ teaspoon salt

Speck of pepper

1 cup milk

Cook till thickened

Add grated cheese if liked. Good served with fried, sliced, or escalloped tomatoes.

SCALLOPED CRACKERS

Butter unsweetened crackers, put them in layers in a deep baking dish with grated or thinly sliced cheese between, seasoning each layer with a very little salt and a sprinkle of cayenne. Then cover with boiling hot milk, and bake until the top is brown, the crackers swelled to twice their original size, and the cheese melted. If eggs are available one may be beaten up with the cold milk and this poured on instead of the hot milk; it will form a delicate custard with the crackers and cheese.

CINNAMON TOAST

Toast the slices to a rich brown, spread them with softened butter, and sprinkle them with powdered sugar and cinnamon, mixed in the proportion of $\frac{1}{2}$ teaspoon cinnamon to 4 tablespoons sugar. Place in hot oven for a moment or two. Or the sugar and cinnamon may be creamed with soft butter, and kept in a cold place ready to spread on hot toast when desired. Some prefer to omit the sugar, and others like raisin bread or coffee cake for the toast. The bread may be cut in sticks or strips, rolled in melted butter then in the sugar mixture, and baked in a hot, oven (400° F.) about eight minutes.

CREAM TOAST

Melt in double boiler 1 heaping tablespoon butter, rub in smoothly 1 slightly rounded tablespoon flour, and stir in slowly 1 cup hot milk or thin cream, and a pinch of salt. Cook till creamy, stirring constantly. Place the hot, dry toast on a hot platter, pour the cream sauce over it, and serve very hot. The

toast may be spread or sprinkled with yellow cheese before removing from the heat. Garnish with crisp bacon and olives.

PARISIAN TOAST

Make an unbuttered sandwich with stale bread and tart jelly. Dip and fry the sandwiches the same as for French Toast.

FRENCH TOAST

Beat 1 egg with $\frac{1}{2}$ cup milk, add a pinch of salt and, if desired, add a pinch of cinnamon or nutmeg, and 1 teaspoon sugar. Dip firm or dry slices of bread into the mixture, and fry in butter or other fat. Serve the same as pancakes.

PEANUT BUTTER TOAST

Spread hot toast with butter and peanut butter.

MUSH WITH SAUSAGE

Prepare mush by cooking $1\frac{1}{2}$ cups of corn meal with 4 cups of water. Sauté for five minutes $\frac{1}{2}$ lb. pork sausage in links. Mold in a greased loaf-pan by placing a layer of mush in the bottom, then the sausage, and the remainder of the mush on top. When cold slice with a sharp knife, flour, and fry light brown. Serve with apple sauce or syrup.

BROWN SUGAR SYRUP

$\frac{1}{4}$ cup water and $\frac{2}{3}$ cup brown sugar; or, $\frac{1}{3}$ cup water, $\frac{1}{3}$ cup brown sugar, and $\frac{2}{3}$ cup granulated sugar. Boil three to eight minutes, according to consistency desired. Serve with waffles, pancakes, etc.

BREAKFAST CHERRIES

Wash, stem, and stone 1 qt. ripe cherries, then put them into a saucepan with 1 cup each of water and sugar. Add a small spice-bag and stew gently until the cherries are done; then lift the spice-bag out and serve the cherries hot or cold. These are not too sweet for a breakfast fruit, and may have cream served with them if desired. Or more water may be added, and they may be served as an appetizer at the beginning of a meal.

CRANBERRIES GLAZED

2 cups cranberries

1 cup sugar

Wash cranberries, put in a heavy, tightly covered saucepan cover with sugar, carefully cook twenty minutes. Remove the cover and shake slightly to cool and glaze the surface.

CRANBERRY RELISH

Dissolve 1 pkg. lemon Jell-O in $\frac{3}{4}$ pt. boiling water. When cool add $\frac{2}{3}$ cup cranberry pulp which has been sweetened and rubbed through a sieve. Pour half in a mold and when firm pour on the other half, whipped. Serve with fowl.

THIN CRANBERRY SAUCE

1 qt. berries

 $1\frac{1}{2}$ cups sugar

1 qt. water

Boil till berries burst. Press through colander, add sugar, and chill. If desired a little thicker it may be boiled three minutes after the sugar is added. Serve in sherbet cups with meat course.

JELLIED CRANBERRIES

1 qt. cranberries

2 cups water

Cook fifteen minutes. When berries burst press the pulp through a coarse sieve, add 1 pt. sugar. Boil five minutes. Turn into molds.

(WHOLE) CRANBERRY SAUCE

1 qt. cranberries

2 cups boiling water

2 cups sugar

Boil the sugar and water together five minutes; skim; add the berries and cook, without stirring, until they are transparent.

(BROKEN) STEWED CRANBERRY SAUCE

1 qt. cranberries

2 cups water

2 cups sugar

Cook the cranberries and water about twenty minutes, or until the skins of all the berries are broken; add the sugar, and simmer for five minutes longer; chill thoroughly before using.

CRANBERRY-APPLE SAUCE

1 pt. cranberries

1 qt. apples

 $1\frac{1}{2}$ cups sugar

Put cranberries in pan with water enough to cover, and cook (not boiling too hard) until berries burst. Then press through wire sieve (medium-size mesh sieve). Add apples quartered, and then each quarter cut in thirds, and cook gently until apples soften, but still retain their shape. Add sugar and cook about five minutes more. Recipe makes one quart. Serve as relish.

APPLE (OR OTHER FRUIT) SAUCE

The fruit may be cored, cooked, mashed through colander to remove peeling, then seasoned. Dried fruits may be washed, soaked over night in 3 pts. water per pound, and cooked in same water, adding about $\frac{1}{2}$ cup sugar after they have cooked one-half hour, then cook till done. Two pounds of fresh apples may be peeled, cut, and covered with water. Different kinds need different amounts of sugar and cooking, but $\frac{1}{2}$ cup sugar could be used.

If you want the pieces of apple kept whole in the cooking, add the sugar when the fruit is put on to stew, and cook slowly. If the apple is liked all broken up and of light color, boil rapidly, and sweeten after the fruit is stewed. Raisins may be stewed with apples or use a dash of cinnamon and teaspoon of butter.

STEWED DRIED FRUIT

With all-night soaking and slow cooking, dried fruit absorbs 3 pts. water per pound (about three times its weight). Wash the fruit well before adding the water, then cook in same water. If more juice is liked add an extra cup per pound. Simmer from one to three hours. Dried fruit plumps and softens better if sugar is not added till fruit is almost done. When using dried apples, etc., for pies, soak over night and use the same as fresh fruit.

FRIED APPLES

1 qt. tart apples 4 tablespoons drippings
1 tablespoon sugar

Core and slice the apples. Put the drippings in a frying pan and set on the fire. When hot, add the apples. Cover and cook until tender, turning often. Add the sugar, and cook ten minutes longer. These are good when served hot with fresh pork, sausage, or bacon. (May be cut in thick rings or peeled and sliced thin.)

RED APPLE RINGS

3 large apples 1 cup water
1 cup sugar 1 tablespoon red cinnamon drops

Boil 1 cup sugar and 1 cup water five minutes in frying-pan. Add 1 tablespoon red cinnamon drops. Core, but do not pare the apples. Slice crosswise, and simmer in the syrup until colored and tender, remove and drain, and sprinkle lightly with granulated sugar. Pineapple slices may be tinted in the same manner. Serve as a garnish for roast meat.

GRAPEFRUIT MINT COCKTAIL

Cut 3 grapefruits in two, and remove seeds and membrane. Sprinkle pulp of each half with 1 cream peppermint broken in

pieces, and chill. Sweeten if desired. Serve on green glass plates and garnish with mint leaves.

PEACH COCKTAIL

Mix equal parts diced canned pineapple and peaches. Cover with the fruit juice and crumble a fresh after-dinner mint on top. Add $\frac{1}{2}$ maraschino cherry, either green or red.

LEMON COCKTAIL

White cherries	Lemon syrup
White peaches	Raspberries
Confectioner's sugar	

Use juice of 1 lemon, or boil 6 lemon skins in water to cover for three minutes. Remove skins, add 1 cup sugar to 2 cups water. Boil a few minutes and cool. Keep this syrup in the refrigerator for fruit drinks or cocktails. Put equal parts of pitted cherries and white peach slices in glasses, cover with lemon syrup. Chill. Place fresh red raspberries on top with a teaspoon confectioners' sugar in the center. Serve cold.

ORANGE COCKTAIL (for 8)

Cut 4 oranges in half. With sharp knife remove sections of pulp from the membranes. (Then clean out the shells if used for serving.) To the pulp add equal amount of diced pineapple, 4 tablespoons powdered sugar, 2 teaspoons chopped mint (or 2 drops essence), 1 tablespoon lemon juice, $\frac{1}{2}$ cup fruit juice or sherry, and fill the orange shells, then put red or green cherry on each. Serve very cold. $\frac{1}{4}$ cup after dinner mints may be crushed and used instead of mint. Grapes may be added.

CANTALOUPE COCKTAIL

With ball-cutter or a spoon, scoop out the pulp from 2 small cantaloupes, or part of a watermelon, and cut in cubes. Add crushed pineapple to equal half the bulk of the cantaloupe, and 1 teaspoon lemon juice. Chill thoroughly and serve in stemmed glasses. Sliced cherries or peaches may be added. The glass may be filled with fruit juice or ginger ale.

STRAWBERRY COCKTAIL

$1\frac{1}{2}$ cups halved strawberries	Juice 1 orange
$\frac{1}{2}$ cup diced canned pineapple	$\frac{1}{2}$ cup powdered sugar

Combine the ingredients in the order given, cover and chill two or three hours. Serve in small cocktail glasses.

OYSTER COCKTAIL

Use small oysters, shrimps, clams, flaked lobster, or crab meat in a cocktail cup with Cocktail Sauce. (See Sauces.)

FRIED BATTER, RAGS, OR FLAKES

To serve with ice cream, a dish of strawberries and cream, or freshly stewed rhubarb. They will be dry and snappy if fried in Crisco.

3 eggs	2 tablespoons sugar
2 tablespoons shortening, melted	$\frac{1}{4}$ teaspoon vanilla
2 tablespoons milk	$\frac{1}{4}$ teaspoon salt
	2 cups flour

Beat eggs light, add sugar, milk, Crisco, salt, and vanilla. Last beat in flour. Take about one fourth at a time, roll to wafer thinness on floured board. Shred it with a fork into ragged strips. Brown in hot Crisco (375° to 385° F., or when a piece of bread browns in forty seconds). Fry until brown on both sides. Drain on soft paper, dust with powdered sugar.

CHEESE NOODLES

1 egg	Flour
$\frac{1}{2}$ teaspoon salt	

Beat egg slightly, add salt and flour enough to make a very stiff dough. Knead until smooth, roll as thin as possible, cover with towel, and leave twenty minutes. Fold mixture in layers $1\frac{3}{4}$ inches wide and cut out as many five-petaled shapes as possible. Separate layers and fry a few at a time in deep, hot fat until delicately brown, sprinkle centers with grated cheese seasoned with paprika. Serve with soup.

If you cannot purchase a tin cutter of right size and shape, draw the design on paper and paste on a piece of cardboard, then cut out paper and cardboard together. With a small, pointed knife shapes may be cut from the noodle mixture by tracing around the pattern.

PEA TIMBALES

Drain 2 cans peas and, reserving $\frac{2}{3}$ cup, rub the remainder through sieve. It is not necessary to use small peas for this purpose. To 1 cup pea pulp add 2 well-beaten eggs, 4 tablespoons melted butter, $1\frac{1}{2}$ teaspoons salt, a little pepper, and a few drops of onion juice. Turn into buttered gem or muffin pans, set in a pan of hot water and bake in a moderate oven until firm. Serve hot, bottom side up, with white sauce and the whole peas.

TIMBALE CASES AND ROSETTE WAFERS

(Either recipe may be used for both)

No. 1. (O. S. U.)

1 egg
 1 teaspoon sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup milk
 $\frac{3}{4}$ cup flour
 1 tablespoon olive oil

No. 2. (Alfred Andresen Co.)

2 eggs
 1 teaspoon sugar
 $\frac{1}{4}$ teaspoon salt
 1 cup milk
 1 cup flour (more,
 if needed)

Beat egg slightly with sugar and salt. Add milk and flour. Rub through a fine sieve if it is difficult to mix the batter smooth. Let stand one hour. Heat the timbale or rosette iron in the fat until the fat almost smokes (about 370° F.), then wipe off the excess fat with a handful of crumpled absorbent paper. Dip the hot iron to about $\frac{2}{3}$ of its depth in the batter, then dip completely into the hot fat and fry about thirty seconds at 370° F. Remove from iron with a cloth. Repeat entire process for each rosette or timbale.

No. 1 makes 20 cases used for ices or vegetables.

No. 2 makes 40 rosettes—roll in powdered sugar and serve with desserts or beverages.

Timbale Hints

The batter must be just the right thickness for best results. Flours vary greatly so it is impossible to give a formula that will apply exactly to every brand. If the cases are soft instead of crisp, the batter is too thick. If the batter is too thin, the cases will not be substantial enough to hold together.

If they are blistered, the batter has been beaten too vigorously. It is best to let the batter stand at least one hour after mixing, so the air will escape. Excess fat on iron also causes blisters.

If the batter will not adhere to the iron, the iron is too hot.

If the batter drops off into the fat, the iron is too cool.

In order to make a case that does not spread over the top of the mold, the iron should be dipped in *batter* to not more than $\frac{3}{4}$ its depth. Then the iron is *completely* immersed in the *fat*. (After heating iron, wipe extra fat off bottom before dipping in batter each time.)

(PIE CRUST) PATTY SHELLS

Make rich pie crust, fit into muffin tins, and partly fill with dry navy beans to keep them in shape, and bake. Or use individual tins, fit crust over the bottom; cover with an empty tin till crust is set, then uncover to brown. Bake patties quickly.

CROUSTADES

Cut slices of bread 1 to 2 inches thick. Remove the brown crust from the bottom and sides of each slice. Cut each slice into two oblongs, or two triangles, or four squares, if tiny cases can be used. Run the blade of a sharp knife into each case, $\frac{1}{4}$ inch from the edge, going all around each case and taking care not to cut quite through to the bottom of the case. Now run the point of the knife through one side of the slice, $\frac{1}{2}$ inch from the bottom, but do not cut through the side walls. You have now loosened the center of the case. Lift it up gently with the point of the knife-blade and remove it. This should leave a smooth-sided box or case. Brush the case over inside and out with melted butter, and brown it in the oven or toast it. The case may be fried in deep fat instead, if desired. Keep the cases hot, and fill with creamed meats or vegetables.

Various shapes of these bread boxes or cases, may be made by using a cookie cutter and cutting the thick slices of bread in diamonds, circles, or squares. Bread is more easily handled and holds together better for making these croustades if it is slightly stale.

CEREALS

If you wish 3 cups cereal when cooked, start with that amount of water or milk, and then measure the cereal in proportion to the water required to cook it. All cereals that are not pre-cooked should cook at least thirty minutes.

Slow cooking, four hours or more in a double boiler, waterless or fireless cooker, is the way to achieve the best flavor without the cereal sticking to the kettle. If you have no cooker, start the cereal at night and let it cook five to ten minutes over the flame (stirring to prevent sticking), then cook in tightly covered double boiler on the simmer-burner till morning. Or, it may be cooked during the day, covered with a little water to keep top soft, and reheated in the morning.

Cereals cooked in milk or half milk, or with cut dates, figs, or prunes added before serving, are often liked, and are more nourishing than the plain cereal. Measure water required; salt to taste—about 1 teaspoon per quart. Slowly sprinkle cereal into boiling water, stirring rapidly to keep grains separated.

Proportions:

Rolled Oats—1 cup oats to 2 cups water.

Oatmeal—1 cup meal to 4 cups water.

Cream of Wheat—1 cup cereal to 4 cups water.

Cracked Grains—1 cup cereal to 4 cups water.

Mush—1 cup moistened corn meal to 4 cups water.

Pettijohn's—1 cup cereal to 2 cups water.

Rice—1 cup to 4 cups water or milk, if steamed; 6 to 8 cups water if boiled and drained.

Wheatena—1 cup cereal to 6 cups water.

BOILED CREAM CHEESE

Put 4 cups cottage cheese into an earthen bowl, and keep in a warm (not hot) place for three or four days, stirring each day. The cheese should become waxy throughout; when waxy, melt in a double boiler 2 tablespoons butter, add $\frac{1}{2}$ teaspoon salt, a dash of paprika, and then add the soft cheese. When thoroughly heated, slowly stir in 1 cup milk, let cook a bit longer, then pour into a dish to cool. It should be the right consistency for spreading on bread. Similar to Limburger cheese.

TO PASTEURIZE MILK

Wash the bottle, or bottles, clean, place in a kettle of cold water, bring to boiling point and boil ten minutes. Drain, and fill the bottles with milk. Cork with sterile absorbent cotton, stand the bottles on a rack, and pour in cold water to more than cover the milk line. Heat gradually to 145° F., then reduce the heat enough to keep the milk at the same temperature twenty-five minutes. Cool quickly. To do this, pour cold water around the bottles, being careful not to break them. When the milk has cooled a little, pour out this water, and gradually add more cold water; then place next the ice.

ECONOMY WHIPPED CREAM

Soak 1 teaspoon gelatin in 1 tablespoon cold water five minutes, dissolve by placing over boiling water, and cool. Add 1 cup plain cream; or mix $\frac{1}{2}$ cup rich cream and $\frac{1}{4}$ cup milk, and add dissolved gelatin. Beat over ice or cold water till stiff, and add $\frac{1}{2}$ cup powdered sugar, 1 teaspoon vanilla, and a few grains of salt.

If $\frac{1}{2}$ teaspoon commercial lactic acid or 1 teaspoon of viscogen is added to 2 cups plain cream it will whip without gelatin.

VISCOGEN OR SUCRATE OF LIME

5 cups water

$\frac{1}{2}$ cup sugar

$\frac{3}{10}$ cup milk of lime

Mix thoroughly, put into jars or bottles, and allow to stand twenty-four hours before using. This will keep indefinitely, and is very useful to have on hand when whipped cream is served often, or in the making of ice creams. Use 1 teaspoon to each pint of thin cream to make it whip.

ECONOMY BUTTER

Take the top cream from a quart of milk and add enough of the milk to make 1 pt. Soak 1 heaping teaspoon of Knox Sparkling Gelatin in 2 tablespoons of the milk (cold) ten minutes; place in a dish of hot water until gelatin is thoroughly dissolved. Cut 1 lb. good fresh butter in small pieces, and place same in a dish over hot water until butter begins to soften; then gradually whip the milk and cream (1 pt. altogether) and dissolved gelatin into the butter with an egg-beater. After the milk is thoroughly beaten into the butter, add salt to taste. As long as any milk is seen, keep on beating until all is mixed in. Place on ice or in a cool place until hard. If a yellow color is desired, use butter coloring. This butter mixture will do the work of ordinary butter for table use, for baking cakes, muffins, and every butter use except frying. Doubles the amount of butter.

LEMON BUTTER TO SERVE WITH SEA FOODS

Cream 3 tablespoons butter, add $\frac{1}{2}$ teaspoon salt, 1 tablespoon lemon juice, and a few grains cayenne.

Household Helps

If **soup** or broth is too **salty**, add a sliced carrot or potato; boil a few minutes and remove slices. Repeat if necessary. The vegetables may be used.

When serving **toast** to children or invalids, cut it in tiny squares before adding the egg or other top dressing.

Save the excess **liquor from pickled peaches**—it may be used in mince pies, sauces, salad dressing, or for making fresh spiced apples, prunes, carrots, or beets in winter.

In a small family, a can of **salmon** may be divided and used for a salad, creamed, minced on toast, or made into croquettes.

Save **salt**—after freezing ice cream, empty the cracked ice into a sack. When ice has melted, nearly all the salt remains.

To keep **icing** soft, add a pinch of baking soda or cream of tartar to the whites of the eggs before beating them, then beat in the usual way, and pour the hot syrup over beaten eggs.

To remove **odors** from ice box, cupboard, pantry, etc., fill a dish with boiling water and drop in a piece of **charcoal**. A lump of charcoal left in a Thermos bottle or jar will keep it from becoming musty. Keep pieces of charcoal in the refrigerator to absorb odors; change them often or keep refrigerator colder.

In adding **eggs** to **custards**, soups, sauces, etc., remember to add a few spoonfuls of the boiling liquid to the eggs before stirring them into the mixture. If this is done carefully, the eggs will not curdle. When used for thickening, as in custards, eggs must be beaten only till smooth, not frothy.

Teapots that are made of metal, if unused for some time, will often give a **musty** flavor to the tea when next used. This may be prevented by placing a lump of sugar in the teapot before putting it away.

Tough meat may be made tender by pounding, slow cooking, or laying it a few minutes in vinegar water. Lamb chops are fine if dipped in lemon juice before frying.

Before **heating milk** rinse out the saucepan with a little hot water; it will prevent the milk sticking to the bottom of the pan.

To **separate fat** from soups and gravy, thoroughly wet a clean, white cloth in very cold water; pour soup or gravy through it; the fat will remain in the cloth. Repeat if necessary.

To **clarify drippings**, place the drippings in a pan, slice into it a raw potato, let boil long enough for slices to brown, then cool, drain from the sediment, and set in a cool place.

A piece of charcoal, tied in a muslin cloth, and put in the

water in which **cabbage**, cauliflower, onions, or ham is boiling, will prevent much unpleasant odor. Cooking them in the oven also keeps the odor from spreading through the house.

To **keep egg yolks** cover them with water or cooking oil, or boil them till hard and serve on toast with cream sauce.

Saucepans that have been **burnt** should be filled with strong salt water; soak for a few hours. **Cover tightly** and bring slowly to boiling point. The burnt particles will come off without difficulty. Deep spots curl off when dried over the fire.

For **burns** keep in the pantry a fruit jar filled with diluted picric acid in which are different-sized pieces of sterilized gauze, such as you can buy in sealed packages at any drug store. When anyone is scalded or burned, apply a piece of the gauze. Relief is instantaneous. In many hospitals, picric acid has largely taken the place of carron oil in the treatment of burns and scalds. A tube of **Unguentine** is also a fine, convenient remedy that should always be kept where anyone in the house can get it quickly.

If you rely on **evaporated milk**, and so never have the **sour milk** often called for in recipes, try the following alternative: To $\frac{1}{3}$ cup evaporated milk add $\frac{2}{3}$ cup cold water and 1 tablespoon vinegar. Proceed as if you were using sour milk.

Salt and boiling water will thaw a **frozen sink drain**.

Cut marshmallows with shears dipped often in cold water or powdered sugar, or hot water.

Freshen marshmallows that have become dry by placing them in the bread box with a cut loaf of bread.

A **cut apple in the cookie jar** will soften cookies; remove it when they are right, and keep lid tight.

Hard mints will **soften** if put in tight can with a piece of soft candy or slice of fruit.

Dates: If you will place the package in a medium-hot oven for a few moments before unwrapping the dates, the paper can be removed easily.

Before frying, if slices of **corn mush** or **hominy** are dried a few minutes in the oven a thin crust forms, and the pieces will not only brown better, but they will not fall apart and, best of all, there will be no **spattering**. They brown quicker if sprinkled with flour and sugar.

To wash the pan in which paraffin is melted for use on jelly glasses: Fill the pan with boiling water. When this cools, the paraffin floats on top in a thin sheet. **Keep an old coffee pot** (or a cheap new one) **for paraffin** and add pieces from jelly, etc.

Nuts that are kept cold will not become **rancid**.

When a **pie runs out in the oven**, salt sprinkled over the juice will keep it from filling the oven with smoke. **Flour** dabbed on the hole will stop the juice running out. If the lower crust is

lapped over the top like a hem, the juice stays in better. A paper funnel in the center of the pie also helps.

An old thimble is handy to slip over the ends of **brass curtain rods** to prevent tearing the cloth when pushing them. Use a **safety-pin** to pull strings through small **curtain hems**. **Wire** or **twine** may be used instead of **rods**.

To **keep** the rich **red of raspberries** and strawberries when mixed with whipped cream, pudding sauce, or Bavarian cream, squeeze in a few drops of lemon juice and watch the red return.

After grating cheese that is quite fresh, rub a hard crust of bread over the **grater**. The grater is freed from particles of cheese, and the crumbs of bread and cheese are always useful.

When there is no ice, salad greens can be kept crisp and fresh by wrapping them in damp paper, or shutting them up in an air-tight can, and setting them in a cool place.

When **tomato skins** are tough, loosen them by scraping with the back of a knife before peeling.

To **clean burners** of stoves boil ten minutes in 2 gallons water containing 2 tablespoons washing soda.

Glass lemonade spoons may be cleaned with pipe cleaners.

Gilt that has tarnished will be improved if turpentine is applied lightly with a sponge.

To **remove chewing gum** from clothing take a small piece of ice and rub over it until it is well chilled, or rub with gasoline, then with your fingers roll up the gum and it leaves no traces.

After using part of a can of **pimientos** put the remainder in a glass container or a bowl and cover with cooking-oil, paraffin, or water. If the water is changed every day, they will keep fresh a long time.

Steel meat skewers are handy articles to keep on hand for meat cookery.

Curdled mayonnaise can be made smooth again if you beat it slowly and gradually into another egg, or add a pinch of soda.

Dressing should not be added to salad until time to serve it, because vinegar and other acids draw the water out of tender salad leaves, fruits, and all salad mixtures, and cause them to lose their crispness and thin the dressing.

Salad leaves should be quite dry before the dressing is added, because oil will not stick to a wet surface.

Olives and **capers** should be kept covered with salt water in the bottle in which they are purchased, until the last one is used. If shaken often the heavy skum does not form on top of the liquid.

A bit of **cabbage** and **celery salt** can take the place of celery in salads.

Keep leftover syrups in a small pan so they may be melted easily if they crystallize. If 3 tablespoons Karo Syrup are added with the sugar, it is not likely to crystallize.

If **cake icing** or **creamy candy** becomes hard and granular before all of it is used, put the cake (or candy) in a tightly covered tin box, and in a few hours the former creaminess will be restored. If very quick results are desired add a sliced apple to the box.

Instead of crowding a large cake into a **cake box**, marshmallow can, or any such container, place the cake on the lid so the bottom of the cake rests on the bottom of the lid, then set the box over the cake. Press the box securely into the lid and keep the box upside down. When the cake is to be cut, the box can easily be forced off without disturbing the cake. The cake may be frosted on the lid also.

Karo Syrup is the most common form of glucose or corn syrup which is used in candy making to prevent crystallization or "sugaring." If no Karo or glucose is available, a pinch of cream of tartar or 1 tablespoon vinegar added to boiling sugar and water syrup, changes part of the sugar to glucose.

To keep bacon, eggs, etc., from popping or spattering grease while frying, sprinkle a bit of flour into the grease,—it takes up the moisture which causes popping. A tiny drop of water clinging to the food or falling from wet hands or a lid might cause severe burns from spattering grease.

A **small lard pail** fits nicely under the flour sifter in a kitchen cabinet. A paper sack fastened by a rubber band, may be kept under the sugar sifter to keep sugar from leaking out when not being used.

To flour rabbit or fowl before frying, put the flour on a paper, lay pieces in the flour, gather up the ends of the paper in hammock-shape, and shake the paper by lifting the ends alternately, and keeping the edges of the paper lapped on top so no flour flies out. The pieces should be dried as much as possible before flouring so the flour does not get pasty.

It takes **less bacon to flavor baked beans** if the bacon is put through the food-chopper.

If the **end-slices of bread** are invariably left on the bread-plate, try cutting them in small pieces and giving each person a small "share."

To give food the flavor of onion, the sprouts may be used when available.

A small "**catch-all**" **box in almost every room** saves many steps, and keeps a room in order more easily. Regularly the boxes may be sorted and each member of the household aid in putting away the accumulation of pencils, pins, tacks, toys, and trinkets of all sorts that seem too small to carry to their regular place whenever found. A wide-mouthed bottle is a good button-holder.

Small pieces of broken glass, as well as sand, may be picked up with dampened absorbent paper or cotton.

When grease drops on the floor dash cold water on it immediately, and it will harden before it can soak into the wood.

A portable oven placed outside the kitchen door or window, if under a roof, makes a good **winter ice box**.

Fish or other foods with a strong odor can be kept in an ice box if put in tightly covered glass cans, or wrapped securely in several thicknesses of oiled paper.

Don't keep fruit and berries in the small baskets in which they come. Spread the fruit out on a platter, and it will keep very much better.

When separating the yolks from the whites of eggs break them over a funnel and the whites will pass through, leaving the yolks in the funnel.

Sprinkle a little flour or powdered sugar over the top of a cake before icing, and the **icing will not run off the sides**.

Try some variations in flavoring:

A grating of **nutmeg** added to **Waldorf salad** gives it a new flavor.

Sprinkle **brown sugar and pecans** on **apricot custard pie** before baking.

A little **vanilla** in your **apple jelly** gives it a flavor that makes everyone wonder what it can be.

Add $\frac{1}{4}$ lb. each of **nuts**, candied **pineapple**, and **cherries** to **angel food cake** before baking.

Add a little grated orange rind and some orange juice to **candied sweet potatoes**, and also to apples in a pie before baking.

The flavor of **pineapple** is a delicious addition to **sweet-breads**.

The following common acids are found in fruits: Tartaric acid in grapes, pineapples, and tamarinds; acetic acid in wine and vinegar; malic acid in apples, gooseberries, currants, peaches, apricots, raspberries, strawberries, and cherries; citric acid in lemons, oranges, limes, citron, strawberries, gooseberries, cranberries, and grapefruit; oxalic acid in rhubarb and sorrel weed.

About half as many **lemons** will be needed for lemonade if the lemons are washed, then put in cold water and heated almost to the boiling point (not boiled), then sliced thin and stamped well with a wooden potato-masher. The water in which they were heated may be added to the cold water unless it seems too bitter.

To crisp **breakfast foods** quickly without heating the oven, heat a heavy frying-pan piping hot, pour the cereal into it, cover tightly, and remove from the heat. In a short time it will be crisp and there is no danger of burning.

In **filling salt-shakers**, add a little cornstarch and dry rice to the salt to prevent caking.

To **distribute fruit** well in cake: Put nearly half the batter in the tin before adding fruit, then put the floured fruit in remaining batter, and put on top of the other. Or heat the fruit in a little water and add to the batter last, while still hot.

To **separate head lettuce**, turn upside down. Cut out the core an inch or so, and let cold water run into the hole about a minute. The leaves will separate themselves!

Roll **sausages** in flour before frying. It will prevent their breaking and improves the flavor. Pricking the skin also prevents bursting.

In warm weather **meat** may be **freshened** by washing in **cold soda water** before cooking. If slightly tainted this treatment will help it.

To **keep hams from molding**: When several slices have been cut from smoked ham, put melted paraffin over the cut end, or cover with a cloth soaked in vinegar.

Keep **large blotters** ready to absorb food spilled on the tablecloth.

When **fruits**, juices, jelly (or apple butter) have **fermented**, reheat and add a little sugar. Use in pie, or thicken with cornstarch for hot sauces, or with gelatin and use cold, or use the same as if fresh.

Any **leftover fruit juice** may be thickened and served with cream. Dissolve gelatin in a little cold juice and add the rest hot, and chill. Use 1 tablespoon gelatin per pint.

If a dish of **food** is set **on** the **ice** to keep cool, put it on a rubber ring from a preserve jar to keep it from slipping.

When **canning pears** add a spice-bag to the syrup, and boil up well before taking it out and pouring the syrup on the pears. They are not spiced, but much improved.

Mend broken china and **glassware** by applying to the broken parts common alum that has been melted in an old iron spoon. When thoroughly dry, these mended pieces will withstand washing in hot water.

Do not place **hot cake** in a **cold place** or at an open window; the steam will condense and make it heavy.

Save and **dry celery tops**, put into glass jars, and use to flavor stews when celery is scarce. **Parsley** also may be dried.

To **warm over biscuits**, muffins, or rolls, heat in paper sack tightly twisted, or place pan containing them in a pan of hot water and put in oven a few minutes. Or see recipes for egg baskets, and use dry or toasted.

When **covering jam jars**, instead of tying the paper cover on with a string, dip some grease-proof paper into very **hot starch** and immediately put it over the jars, fixing firmly down to the

sides. When dry the paper will be like parchment, and airtight.

To Clean Silver.—Use a slice of raw potato dipped in soda; or let soak in potato water or sour milk one hour, and wash.

To Whip Cream.—It must be **cold** (about 50° F.), and should be at least 20 per cent. fat. If no ice is available add 1 teaspoon Viscogen (see recipe) to each 2 cups cream, this will make it possible to whip fresh, warm, or rather thin cream. Very cold water will chill cream sufficiently, but be very careful to get no drops in the cream. Cream whips easier if a small amount (about 2 tablespoons) is started, then when quite thick add about 1 tablespoon at a time. If the thickest part of the cream on an average quart of cold milk is carefully dipped into a cold bowl set in cold water or chipped ice, it will whip and then the thinner cream may be added very gradually until almost a cup of whipped cream is prepared. Several drops of lemon juice sometimes helps to thicken cream for whipping.

A **delicious whipped cream substitute** is easily made by adding a mashed banana to the white of 1 egg and beating until stiff. The banana will almost dissolve.

When a recipe calls for a part of a cup of butter or lard, fill a cup with cold water and pour out as much as the amount of butter required, for example, if you need $\frac{1}{4}$ cup of butter, fill measuring cup $\frac{3}{4}$ full of water, then add butter until water reaches the line indicating 1 cup. Pour off water and take out butter.

When cutting brick butter, wrap the paper in which it comes over the blade of the knife, and it will make a clean cut.

Cut 1 lb. of brick butter or lard in half, crosswise, each square equals 1 cup. Cut each square in half for $\frac{1}{2}$ cup, or cut into four equal parts for $\frac{1}{4}$ cup. Cut each fourth into 4 equal parts and each part equals 1 tablespoon, 16 tablespoons per cup or $\frac{1}{2}$ lb.

To free the pipes of the ice box and drain from the sediment of the melting ice: Dissolve 2 tablespoons washing soda in 2 gallons water, and pour it while hot, down the pipes and the drain once a week—then rinse with boiling water.

If soot falls upon the carpet or rug, do not attempt to sweep until it has been covered thickly with dry salt. It can then be swept up properly, and not a stain or smear will be left.

To mend a crack on the inside of a range, use a filling made of equal parts of wood ashes and common salt moistened with water. This will prove hard and lasting.

Oil cloth is the best covering for the bottom of kitchen-table drawers; it can be washed easily, and will stay clean and neat longer than paper.

To Freshen Stale Bread.—Dip loaf quickly into cold water, place in hot oven until thoroughly heated.

To Freshen Rolls.—Place them in a paper bag in the oven

for a few minutes. Twist the top of the bag tightly. Or moisten and heat like bread.

Home-made Ring Mold.—Place a glass fruit-jar within a bowl; or a small pan within a larger pan, if you have no regular ring mold. Fill the smaller dish with ice or ice water. Pour the gelatin, jelly, or pudding between the 2 dishes or pans.

To release ice cream or jelly from molds, fold a cloth wrung out of hot water around the mold, and it will come out freely.

To keep boiled frosting from breaking or becoming brittle, add 1 teaspoon lemon juice or vinegar when cooking the syrup, or add a pinch of baking soda to the egg whites before beating them.

Leftover pancake batter may be thickened with flour and made into muffins, or kept in the ice box to use with other batters later. If kept several days, add $\frac{1}{2}$ teaspoon soda to each cup.

When making berry pies, cut the lower crust $\frac{1}{2}$ inch larger than the top, and fold over like a hem. You will find that the juice never leaks out.

1 heaping tablespoon cocoa may be substituted for 1 square chocolate. Three level tablespoons equal 1 heaping tablespoon.

For washing cruets and vases which have become water or acid stained: Keep a jar of small shot at hand. Partly fill the bottles with warm soapsuds, put in a spoonful of shot and shake gently. The friction will remove the stains. This is also excellent for milk-bottles. Rice or popcorn may be used instead of shot.

To freshen shredded cocoanut, soak it in sweet milk for a few moments.

When **cake or bread** is too brown or is **burnt**, grate with a nutmeg grater until it is a golden brown.

Two **whole cloves** in the kettle of fat give **doughnuts** a good flavor.

Cutting sandwich bread lengthwise instead of across saves about two-thirds of the waste in removing crusts.

To measure fractions of a cup of shortening, fill the remaining fraction of cup with water, and add shortening till cup overflows.

When **canning peaches** put several seeds in each can, for the sake of flavor. To preserve the color after paring, drop peaches at once into cold water containing a few drops of lemon juice.

When **putting away stoves** for the summer, apply kerosene or paraffin oil with a cloth, to prevent rusting.

Sugar or ground cinnamon burned on top of the stove will remove the odor of cabbage or onions, and will give a pleasant aroma to the room. Or, put a lump of lavender salts in a bowl of hot water.

By using **wax crayons** while the jars are hot you can **label**

canned fruit. It will not rub off when cold, but can be washed off with hot water when you wish.

USES FOR LEMONS

Juice of $\frac{1}{2}$ lemon in a cup of hot water or tea, with a good rest or pleasant walk, usually cures a nervous headache. 2 table-spoons juice in 1 cup hot water is good for biliousness or car sickness. It is also taken before breakfast for reducing; and for a bad taste in the mouth. Lemon juice allays inflammation if rubbed on corns, bunions, insect bites, or poison ivy. It is good for irritated throat, and helps to quench thirst when hiking.

(9 to 12 Dozen) EGGS PRESERVED IN WATER GLASS

Mix 1 pt. water glass and 5 qts. cool boiled water in a clean 4-gallon jar. Use only clean, **infertile**, fresh eggs. Do not wash them—it removes the film. A few eggs may be put in at a time, as collected. Those on top should be 2 inches below surface of solution.

To make a cover for the jar pour melted paraffin over the top after the solution has been added. While still soft, insert a loop of wire into the paraffin, for a handle. The "lid" will loosen around the edge so it may be lifted off easily. If the solution becomes jellied add more boiled water. Wash eggs immediately after removing from the solution, as it hardens quickly on the exposed shell. If the eggs are to be boiled, prick the large end with a needle before putting them into the water.

Keep in cool place where they will not freeze. April is the best time for packing. Pack eggs with small end down, if possible.

TO MAKE SOAP

5 lbs. lukewarm, melted grease	1 teaspoon salt
1 lb. can of lye	2 tablespoons sugar
1 qt. cold water	$\frac{1}{2}$ cup cold water
3 teaspoons borax	$\frac{1}{4}$ cup ammonia

Fats that are not fit for food may be made into soap. Dissolve the lye in the quart of cold water and let stand until cool, then add the fat slowly, stirring constantly. Mix the other ingredients together and add to the first mixture. Stir the whole until thick and light colored. Pour into a pan lined with cloth. Mark or cut with a wire or strong string into pieces of desired size, before the soap becomes hard. When hard, break pieces apart, and pile in such a way that soap may dry out well. (The cloth in the pan is to make it easy to lift out the hard soap for cutting into bars.)

TO SET COLORS

Black, brown, pink, and blue may be set by adding 2 cups salt to 1 gallon cold water. **Blue** may also be set by $\frac{1}{2}$ cup vinegar in 1 gallon water.

Lavender (also **pink** and **blue**) may be set by adding 1 tablespoon sugar of lead to 1 gallon water.

Green is set by adding several tablespoons powdered alum to 1 gallon cold water.

Keep materials in solution until color ceases to come out. 1 teaspoon vinegar to each quart of water revives color. Ammonia often restores color.

TO REMOVE STAINS

When possible, remove stains when fresh. If dried or overlooked before washing, bleach on the grass, or use Javelle water.

Javelle water:

1 lb. washing soda

$\frac{1}{2}$ lb. chloride of lime

1 qt. boiling water

2 qts. cold water

Dissolve soda in boiling water in a granite pan and let cool.

Dissolve chloride of lime in cold water; let settle and pour the clear liquid into the soda; let settle. Pour off clear liquid, bottle and put away in a dark place.

This gives a 25 per cent. solution. Mixed with equal portions of water it may be used cautiously to remove spots. If materials are to remain in the solution for some time, it should be diluted to about a 2 per cent. solution. After using Javelle water on any material, wash it thoroughly in several waters and lastly in dilute ammonia water to remove all traces of the solution.

Chewing Gum.—Rub with ice, alcohol, or gasoline.

Fruit and Coffee Stains.—Stretch the stained part over a bowl, and pour boiling water through it from a height until the stain disappears. If stain remains, hang material in sun to dry. Hydrogen peroxide bleaches old stains in white.

Old Tea and Coffee Stains.—Wet spot with cold water; cover with glycerin, let stand two or three hours. Then wash with cold water and hard soap. Repeat if necessary.

Cocoa, Tea, and Chocolate Stains.—Soak them in cold water and borax, and then apply the boiling water as for coffee stains.

Milk Stains.—Wash them out, while fresh, in cold water. Or treat as for grease stain.

Grease Spots.—Softened with lard or oil, then wash with ammonia or naphtha soap and water. Other solvents for grease are alcohol, chloroform, and ether.

Glue.—Vinegar applied with a cloth.

Paint or Varnish.—Equal parts ammonia and turpentine,

then wash with soap and water. When still fresh paint disappears if the material is rubbed together briskly.

Marks on Paint Made by Scratching Matches.—Rub with cut lemon.

Finger-marks or Dirt on Light Paint.—Wash with skimmed milk, or water containing 2 tablespoons ammonia per gallon, or use stronger solution if necessary.

Blood Stains.—Wash in cool water until the stain turns brown, then rub with naphtha soap and soak in warm water. A paste of cold, raw starch applied several times will remove stain from thick goods.

Brass Stains.—Rub either lard or olive oil on the stain, then wash with warm water and soap.

Ink.—If fresh, soak in milk, changing when it becomes discolored. Or use a 10 per cent. solution of oxalic acid (poison), or bleach in Javelle water and then wash quickly and thoroughly. Lemon juice and salt also are effective.

Rust.—Oxalic acid or lemon juice and salt, sunshine and water.

Grass Stains.—Denatured alcohol, or ammonia and naphtha soap and water. Or use kerosene, then soap and water.

Iodine and Argyrol.—Dissolve with cool water while still wet, or, if dry, use chloroform, alcohol, or ether.

Mildew.—Soft soap and powdered chalk kept wet in sunshine, or use Javelle water.

WHITEWASH (Government Formula)

Slake $\frac{1}{2}$ bu. unslaked lime by adding cold water till it makes a slushy mixture (or use $\frac{1}{2}$ bu. hydrated lime).

Soak 1 lb. clear glue (like gelatin) in cold water to cover for about 2 hours.

In a wash-boiler of water cook 3 lbs. whole or ground rice or rice flour till soft, then add 1 pk. salt, and stir till dissolved.

Dissolve $\frac{1}{2}$ lb. Spanish Whiting in a little water.

Mix all together in a No. 3 washtub and let stand several days. Then use hot water to dilute enough at a time to make a pail full thin enough to use in a sprayer. Strain, heat, and apply with sprayer while hot. **Covers 900 square feet.**

FLOOR POLISHES

Use either of the following excellent and cheap polishes on varnished or shellacked floors—not where the wood is worn bare, as gasoline darkens unprotected wood.

- (1) Equal parts of turpentine, linseed oil and vinegar, or
- (2) 1 pt. gasoline with 1 pt. paraffin oil. Shake together in a quart jar. These cost only a few cents to polish a whole house. Put on with one cloth, rub with a clean polishing cloth in a few

minutes. Either mixture is satisfactory, but the vinegar mixture has more odor.

CLEANING FLUIDS

Salt water is excellent for willow furniture and grass matting. **Skimmed milk** cleans light enameled woodwork.

To Wash Painted Walls or Woodwork.—Mix 2 cups brown sugar, 1 cup sal soda, and 1 cup ammonia in 2 gals. boiling rain-water. Let stand until cool; wash walls, or woodwork using a brush, and rinse immediately with clear water.

PESTS

Oil of sassafras chases black ants, and sulphur chases red ants. Mice will disappear if gum camphor is sprinkled around their haunts. Turpentine in scrubwater means death to moths.

CHINA CEMENT

Into a thick solution of gum arabic and water stir thoroughly plaster of Paris to make consistency of cream. Spread on edges, press together. After three days it will not break.

WEDDING ANNIVERSARIES

1st: Cotton	15th: Crystal
2d: Paper	20th: China
3d: Leather	25th: Silver
5th: Wooden	30th: Pearl
7th: Woolen	40th: Ruby
10th: Tin	50th: Golden
12th: Silk and Fine Linen	75th: Diamond

PARCEL-POST RATES

Zones of Distance	First lb.	Each ad. lb.
City and rural delivery (local)	\$0.05	\$0.00½
Within 50 miles, 1st zone	.05	.01
50 to 150 miles, 2d zone	.05	.01
150 to 300 miles, 3d zone	.06	.02
300 to 600 miles, 4th zone	.07	.04
600 to 1000 miles, 5th zone	.08	.06
1000 to 1400 miles, 6th zone	.09	.08
1400 to 1800 miles, 7th zone	.11	.10
1800 miles and over, 8th zone	.12	.12
Weight limit: 1st, 2d, 3d zones, 70 lbs.; other zones, 50 lbs.		

An extra charge of 2 cents per package is made.

For example, if a package weighing 2 lbs. (or any fraction between 1 and 2 lbs.) is to be sent to the third zone the postage would be (6 + 2 + 2) 10 cents.

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JUNKET RECIPES *by Mary Mason*

Pineapple Vanilla Junket

1 package Vanilla Junket 1 pint milk
1 cup grated pineapple

Pour juice off fruit, place pineapple in bottom of individual dessert glasses. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the fruit, and let stand undisturbed in a warm room—about 20 minutes. When firmly set, remove without jarring to a cold place.

Orange Junket with Bananas

1 package Orange Junket 1 pint milk
bananas

Cut bananas in thin slices and place in bottom of dessert glasses. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the bananas, and let stand undisturbed in a warm room—about 20 minutes. When firmly set, remove without jarring to a cold place.

Chocolate Peach Junket

1 package Chocolate Junket 1 pint milk
canned peaches

Drain juice off peaches and place one-half peach in bottom of each individual dessert glass. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the peaches, and let stand in a warm room undisturbed—about 20 minutes. When firmly set, remove without jarring to a cold place. Top with whipped cream at serving time, if desired.

Raspberry Junket with Raspberry Whip

1 package Raspberry Junket $\frac{1}{2}$ cup marshmallow whip
1 pint milk 2 teaspoons raspberry jam

Get individual dessert glasses ready. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once into the dessert glasses, and let stand undisturbed in a warm room—about 20 minutes. When firmly set, remove without jarring to a cold place. Soften $\frac{1}{2}$ cup marshmallow whip with one tablespoon boiling water. Stir in the raspberry jam and serve this on top of the junket.

Vanilla Junket with Chocolate Sauce

1 package Vanilla Junket 1 pint milk

Get individual dessert glasses ready. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once into the dessert glasses. When firmly set, remove without jarring to a cold place. Top with chocolate sauce.

Chocolate Sauce

$1\frac{1}{2}$ cups sugar 4 squares unsweetened
 $\frac{1}{2}$ cup water chocolate
 $\frac{1}{4}$ cup water or rich milk $\frac{1}{2}$ teaspoon vanilla

Let sugar and water boil in a saucepan for five minutes. Cool partly and gradually stir in the chocolate which has been melted over hot water. Add the vanilla. Place in a double boiler or in a pan over hot water until ready to serve. At the last moment, add the milk or water.

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